



In your box

4 oz. Roasted Red Peppers
½ oz. Sliced Almonds
8 oz. Broccoli Florets
1 oz. Goat Cheese
.42 oz. Mayonnaise
1 oz. Grated Parmesan

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Salmon Fillets
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, eggs, tree nuts (almonds)

You will need

Olive Oil, Salt, Pepper



Oven-Ready

Parmesan Crusted Chicken

with goat cheese broccoli

NUTRITION per serving—Calories: 465, Carbohydrates: 12g, Fat: 24g, Protein: 51g, Sodium: 1573mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

30-40 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

Prepare the Ingredients

- Preheat oven to 425 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Mix **broccoli**, **red peppers**, 2 tsp. **olive oil**, and ¼ tsp. **salt** in provided tray until combined. Push to one side.
- If using **salmon**, follow same instructions, spreading into a single layer. Bake uncovered in hot oven, 10 minutes.
- Add **chicken** to empty side of tray and season with ¼ tsp. salt and a pinch of **pepper**.



2

Crust the Chicken

- Spread **mayonnaise** on **chicken breasts** and top evenly with **Parmesan**.
- If using **salmon**, carefully push broccoli to one side (tray will be hot, use a utensil). Place salmon in empty side of tray, skin side down, and season with ¼ tsp. salt and a pinch of pepper.



3

Bake the Dish

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- If using **salmon**, bake uncovered in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 12-16 minutes.
- Carefully remove from oven. Top **broccoli** with **goat cheese** (crumbling with your hands if needed) and **almonds**. Bon appétit!