



In your box

- 3 oz. Edamame
- 1 fl. oz. Katsu Sauce
- ½ tsp. Garlic Salt
- .42 oz. Mayonnaise
- 2 Tbsp. Panko Breadcrumbs
- ½ oz. Wonton Strips
- 1 ½ fl. oz. Asian Sesame Dressing
- 8 oz. Vegetable Medley

Customize It Options

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

*Contains: eggs, wheat, soy

You will need

- Olive Oil



Oven-Ready

Baked Chicken Katsu

with vegetable medley

NUTRITION per serving—Calories: 575, Carbohydrates: 30g, Fat: 30g, Protein: 45g, Sodium: 1686mg.

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

35-45 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

Bake the Vegetables

- Preheat oven to 425 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Combine **vegetable medley**, **edamame**, 2 tsp. **olive oil**, and **garlic salt** in provided tray.
- Bake uncovered in hot oven, 15 minutes.



2

Add the Chicken

- Carefully remove from oven and push **vegetables** to one side. *Tray will be hot! Use a utensil.*
- Pat **chicken breasts** dry, and place in empty side of tray. Top with **mayonnaise**, **panko**, and 2 tsp. **olive oil**.



3

Bake the Dish

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 15-20 minutes.
- Carefully remove from oven. Top chicken with **katsu sauce**, and **vegetables** with **dressing** and **wonton strips**. Bon appétit!