



In your box

- ½ tsp. Garlic Salt
- 2 oz. Shredded Cheddar Cheese
- 12 oz. Broccoli Florets
- ½ oz. Crispy Fried Onions
- ½ oz. Shredded Parmesan Cheese
- ½ fl. oz. Garlic Aioli

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
- 12 oz. Sirloin Steaks
- 12 oz. Boneless Pork Chops

*Contains: milk, eggs, wheat

You will need

Olive Oil, Salt, Pepper

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Oven-Ready



Creamy Garlic Chicken

with cheddar broccoli

NUTRITION per serving—Calories: 526, Carbohydrates: 22g, Sugar: 3g, Fiber: 4g, Protein: 52g, Sodium: 1517mg, Fat: 29g, Saturated Fat: 11g
 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

Before you cook

All cook times are approximate based on testing.



1. Prepare the Broccoli

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Break up large **broccoli florets**. Combine broccoli, 2 tsp. **olive oil**, 1 Tbsp. **water**, and **garlic salt** in provided tray and spread into a single layer.
- Cover with foil. Bake covered in hot oven, 10 minutes.



2. Add the Chicken

- Carefully remove tray from oven. Push **broccoli** to one side and top with **cheddar cheese**. Tray will be hot! Use a utensil.
- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place chicken in empty side of tray and top evenly with **garlic aioli**, then **Parmesan**.

Customize It Instructions

- If using **sirloin steaks**, in Step 1, cook **broccoli**, 15 minutes. Follow same instructions as chicken in Steps 2 and 3, baking uncovered until steaks reach minimum internal temperature, 20-25 minutes. Rest, 3 minutes.
- If using **pork**, in Step 1, cook **broccoli**, 15 minutes. Follow same instructions as chicken in Steps 2 and 3, baking uncovered until pork reaches minimum internal temperature, 20-25 minutes. Rest, 3 minutes.



3. Bake the Meal

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- Carefully remove tray from oven. Garnish dish with **crispy onions**. Bon appétit!