



#### In your box

2 fl. oz. Golden BBQ Sauce  
2 oz. Shredded Cheddar-Jack Cheese  
8 oz. Broccoli Florets  
2 oz. Sliced Red Onion  
¼ tsp. Red Pepper Flakes

#### Customize It Options

13 oz. Boneless Skinless Chicken Breasts  
14 oz. Duroc Boneless Pork Chops  
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk, wheat, soy

#### You will need

Olive Oil, Salt, Pepper



Oven-Ready

## Carolina BBQ Chicken

with cheesy broccoli

NUTRITION per serving—Calories: 450, Carbohydrates: 23g, Fat: 18g, Protein: 48g, Sodium: 1301mg.

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

Mild



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### Prepare the Ingredients

- Preheat oven to 400 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Mix **broccoli** and **onions** with 1 tsp. **olive oil** and ¼ tsp. **salt** in provided tray. Push to one side.
- If using **pork chops**, bake broccoli uncovered, 5 minutes.



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### Add the Chicken

- Pat **chicken** dry.
- Place chicken in empty side of tray. Drizzle chicken with 1 tsp. **olive oil** and season with a pinch of **pepper**.
- If using **pork chops**, follow same instruction, adding pork carefully. Tray will be hot!



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### Bake the Dish

- Bake uncovered in hot oven until **chicken** is browned and reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- If using **pork chops**, bake uncovered in hot oven until pork reaches a minimum internal temperature of 145 degrees, 18-20 minutes.
- Carefully remove from oven. Top **broccoli** with **cheese** and bake again until cheese melts, 2-3 minutes.
- Carefully remove from oven. Top chicken with **BBQ sauce** and **red pepper flakes** (to taste). Bon appétit!