



In your box

.203 fl. oz. Tamari Soy Sauce
12 oz. Vegetable Medley
1 oz. Crispy Fried Onions
1 fl. oz. Korean BBQ Sauce
2 oz. Sweet Chili Sauce

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Sirloin Steaks

*Contains: wheat, soy

You will need

Olive Oil, Salt, Pepper



Oven-Ready

Korean BBQ Chicken

with garlic vegetable medley

NUTRITION per serving—Calories: 451, Carbohydrates: 35g, Fat: 16g, Protein: 43g, Sodium: 1613mg.

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

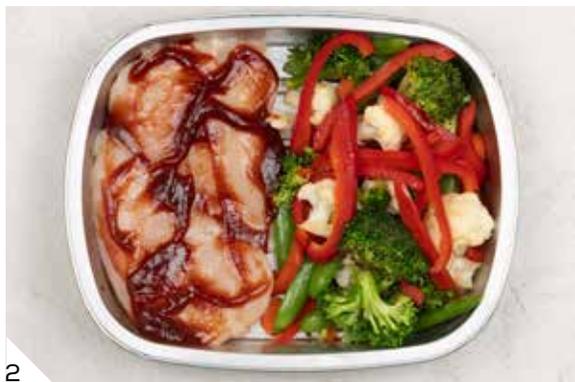
Spicy



1

Prepare the Ingredients

- Preheat oven to 400 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Place **vegetable medley** in provided tray and spread into a single layer. Top with 2 tsp. **olive oil** and a pinch of **salt** and **pepper**.
- Bake uncovered in hot oven, 12 minutes.



2

Add the Chicken

- Carefully remove from oven and push **vegetables** to one side. *Tray will be hot! Use a utensil.*
- Pat **chicken** dry and place in empty side of tray. Top chicken with half the **BBQ sauce**. (BBQ sauce is spicy; taste a small amount before adding to chicken. Reserve remaining for garnish.)
- *If using **sirloin steaks**, follow same instructions.*



3

Bake the Meal

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 18-20 minutes.
- *If using **sirloin steaks**, bake uncovered in hot oven until steaks reach a minimum internal temperature of 145 degrees, 18-20 minutes.*
- Carefully remove from oven. Top chicken with remaining **BBQ sauce** (to taste) and **crispy onions**. Top **vegetables** with **soy sauce** and **sweet chili sauce**. Bon appétit!