



In your box

- 2 oz. Shredded Cheddar Cheese
- 1 oz. Crispy Fried Onions
- 7 oz. Sliced Zucchini
- 3 oz. Diced Poblano
- 1 oz. Grated Parmesan
- 5 oz. Corn Kernels

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Ranch Steaks
- 8 oz. Shrimp
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, 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



Cheddar Poblano Chicken

with Parmesan zucchini and corn

NUTRITION per serving—Calories: 584, Carbohydrates: 29g, Sugar: 7g, Fiber: 3g, Protein: 54g, Sodium: 1008mg, Fat: 33g, Saturated Fat: 12g
 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

Before you cook

All cook times are approximate based on testing.



1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Combine **zucchini**, half the **poblano** (reserve remaining for chicken), **corn**, 2 tsp. **olive oil** and a pinch of **pepper** in provided tray. Season with ½ tsp. **salt**, if desired. Push to one side and top with **Parmesan**.



2. Add the Chicken

- Pat **chicken** dry.
- Add chicken to empty side of tray and top with **cheddar cheese** and remaining **poblano**.

Customize It Instructions

- If using **ranch steaks**, follow same instructions as chicken in Steps 2 and 3, cooking until steak reaches minimum internal temperature, 20-25 minutes. Rest 3 minutes.
- If using **shrimp**, follow same instructions as chicken in Steps 2 and 3, cooking until shrimp reach minimum internal temperature, 18-20 minutes.



3. Bake the Dish

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