



In your box

- 12 oz. Broccoli Florets
- .32 oz. Ketchup
- ¼ oz. Dijon Mustard
- ¼ oz. White Balsamic Vinegar
- 2 Tbsp. Italian Panko Blend
- ¼ tsp. Red Pepper Flakes
- 2 oz. Peach Preserves
- ½ oz. Grated Parmesan

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Baking Sheet, Medium Non-Stick Pan, Mixing Bowl



Peach BBQ Chicken Breast and broccoli with Parmesan breadcrumbs

NUTRITION per serving—Calories: 473, Carbohydrates: 34g, Fat: 16g, Protein: 45g, Sodium: 1406mg.

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

25-35 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Mild

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **filet mignon**, follow same instructions as chicken in Step 2, searing undisturbed until browned, 2-3 minutes, then roasting with **broccoli** until filets reach minimum internal temperature of 145 degrees, 10-12 minutes. Let rest at least 5 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Start the Broccoli

- Cut **broccoli** into bite-sized pieces.
- Place broccoli on prepared baking sheet and toss with 2 tsp. **olive oil** and ¼ tsp. **salt**. Massage oil and seasoning into broccoli.
- Spread into a single layer on one side. Roast in hot oven, 5 minutes.
- Remove from oven. *Broccoli will finish cooking in a later step.*
- While broccoli roasts, prepare chicken.



2

Cook Chicken and Finish Broccoli

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add chicken to hot pan and cook undisturbed on one side, 3-4 minutes.
- Transfer chicken, seared side up, to empty half of baking sheet. Reserve pan; no need to wipe clean.
- Roast again until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken and broccoli roast, toast breadcrumbs.



3

Toast the Breadcrumbs

- Return pan used to cook chicken to medium heat. Add 1 tsp. **olive oil** and **panko** to hot pan and stir constantly until golden brown, 1-2 minutes.
- Remove from burner. Transfer panko to a mixing bowl and stir in **Parmesan** and **red pepper flakes** (to taste) until combined. Set aside.
- Wipe pan clean and reserve.



4

Make the Sauce

- Return pan used to cook panko to medium-high heat.
- Add **peach preserves**, **ketchup**, **Dijon**, 2 Tbsp. **water**, **white balsamic vinegar**, and a pinch of **salt** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until thickened to a BBQ sauce-like consistency, 2-3 minutes.
- Stir in a pinch of **pepper**. Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce**, and **broccoli** with **breadcrumbs**. Bon appétit!