



In your box

- 1 fl. oz. Basil Pesto Aioli
- 1 oz. Shredded Parmesan Cheese
- 8 oz. Cauliflower Florets
- 2 oz. Roasted Red Tomatoes
- 1 tsp. Seasoned Salt Blend
- ½ oz. Crispy Red Peppers

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat, soy

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



Parmesan and Red Pepper-Crusted Chicken

with cauliflower and tomatoes

NUTRITION per serving—Calories: 485, Carbohydrates: 15g, Sugar: 4g, Fiber: 4g, Protein: 46g, Sodium: 1690mg, Fat: 27g, Saturated Fat: 6g
 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

Not Spicy

Before you cook

All cook times are approximate based on testing.



1. Bake the Cauliflower

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Combine **cauliflower**, half the **seasoned salt** (reserve remaining for tomatoes), and 1 tsp. **olive oil** in provided tray. Spread into a single layer.
- Bake uncovered in hot oven, 10 minutes.



2. Add the Chicken

- Carefully, remove tray from oven. Stir in **tomatoes**, remaining **seasoned salt**, and 1 tsp. **olive oil**. Push to one side. Tray will be hot! Use a utensil.
- Pat **chicken dry**. Add chicken to empty space in tray and top evenly with a pinch of **salt** and **pepper**, **aioli**, **crispy red peppers**, and **Parmesan**.



3. Bake the Dish

- Bake again uncovered until **cauliflower** is tender and **chicken** reaches a minimum internal temperature of 165 degrees, 18-20 minutes.
- Carefully remove from oven. Bon appétit!