



### In your box

4 oz. Grape Tomatoes  
8 oz. Sliced Zucchini  
½ oz. Sliced Almonds  
½ tsp. Garlic Salt  
1 fl. oz. Balsamic Fig Glaze  
½ oz. Garlic & Herb Cheese Spread  
3 oz. Corn Kernels  
½ oz. Grated Parmesan

### Customize It Options

13 oz. Boneless Skinless Chicken Breasts  
12 oz. Sirloin Steaks  
12 oz. Salmon Fillets  
13 ½ oz. Organic Boneless Skinless Chicken Breasts  
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk, tree nuts (almonds)

### You will need

Olive Oil, Salt, Pepper  
Large Non-Stick Pan,  
Medium Non-Stick Pan

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

### 15 Minute Meal Kit



## Balsamic Fig Chicken

with zucchini and grape tomatoes

NUTRITION per serving—Calories: 516, Carbohydrates: 28g, Sugar: 16g, Fiber: 3g, Protein: 46g, Sodium: 1568mg, 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

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Not Spicy

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry

### Customize It Instructions

- If using **salmon fillets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 1, cooking until, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **sirloin steaks**, follow same instructions as chicken in Step 1, cooking until steak reaches minimum internal temperature, 4-6 minutes per side.  
Rest, 3 minutes.



#### 1. Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add chicken breasts to hot pan, and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Remove chicken to a plate and tent with foil.
- While chicken cooks, cook vegetables.



#### 2. Start the Vegetables

- Halve **tomatoes**.
- Place a large non-stick pan over medium-high heat.
- Add 1 Tbsp. **olive oil**, **zucchini**, tomatoes, and a pinch of **salt** to hot pan. Stir occasionally until lightly browned, 3-4 minutes.



#### 3. Finish the Vegetables

- Add **corn**, **garlic salt**, and a pinch of **pepper** to pan with **vegetables**. Stir occasionally until vegetables are tender, 1-2 minutes.
- Remove from burner.



#### 4. Finish the Dish

- Crumble **cheese spread** and place evenly on **chicken breasts**. Top chicken with **almonds**, pressing gently to adhere.
- Plate dish as pictured on front of card, drizzling chicken with **balsamic fig glaze**, and topping **vegetables** with **Parmesan**. Bon appétit!