



In your box

- 2 oz. Shredded Cheddar Cheese
- 4 oz. Pepper and Onion Mix
- 8 oz. Fully Cooked Shredded Chicken Breast
- 8 ½ oz. Cooked Jasmine Rice
- 2 oz. Smoky BBQ Sauce
- 🌶️ 1 fl. oz. Jalapeño Ranch Dressing
- 1 tsp. Seasoned Salt Blend

*Contains: milk, eggs

Minimum Internal Protein Temperature

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

Fast & Fresh



Smoky BBQ Chicken Rice Bowl

with jalapeño ranch and cheddar

NUTRITION per serving—Calories: 577, Carbohydrates: 65g, Sugar: 13g, Fiber: 0g, Protein: 38g, Sodium: 1438mg, Fat: 20g, Saturated Fat: 8g
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

5-10 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Medium

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



1. Prepare the Meal

- If using oven, preheat to 375 degrees. Thoroughly rinse any fresh produce and pat dry.
- Carefully massage **rice** in bag to break up any clumps. Tear a small slit in an upper corner of bag to vent. Place upright in microwave and heat, 45 seconds. Remove rice from packaging.
- Combine rice, **chicken, pepper and onion mix, seasoning salt,** and 1 Tbsp. **water** in provided tray. Top with **cheese**.
- Cover tray with a damp paper towel. Microwave until warmed through, peppers are tender, and chicken reaches a minimum internal temperature of 165 degrees, 5-8 minutes. *If using oven, place on baking sheet and bake uncovered in hot oven until the dish is heated through and chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.* Carefully remove tray from microwave. Garnish with **BBQ sauce** and **dressing** (to taste). Bon appétit!