



In your box

- 🔪 1 tsp. Cajun Seasoning
 - 1 oz. Butter
 - .84 oz. Mayonnaise
 - 🔪 ½ oz. Crispy Jalapeños
 - 1 oz. Grated Cotija Cheese
 - 8 oz. Sliced Zucchini
 - 5 oz. Corn Kernels
- Customize It Options**

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat

You will need

Salt

Minimum Internal Protein Temperature

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

Oven-Ready



Cotija and Jalapeño-Crusted Chicken

with Cajun zucchini and corn

NUTRITION per serving—Calories: 564, Carbohydrates: 23g, Sugar: 6g, Fiber: 3g, Protein: 44g, Sodium: 1273mg, Fat: 37g, Saturated Fat: 13g
 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

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 Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Combine **corn**, **zucchini**, and **seasoning blend** in provided tray. Push to one side and top with **butter**.



2. Add the Chicken

- Pat **chicken** dry and place in empty side of tray. Top with a pinch of **salt**, **mayonnaise**, **crispy jalapeños** (use less if spice-averse), and **cheese**.

Customize It Instructions

- If using **sirloin steak**, in Step 1, bake vegetables uncovered, 15 minutes. Follow same instructions as chicken in Steps 2 and 3, baking uncovered until steak reaches a minimum internal temperature, 12-16 minutes.
- If using **pork chops**, in Step 1, bake vegetables uncovered, 10 minutes. Follow same instructions as chicken in Steps 1, 2, and 3, baking uncovered until pork reaches a minimum internal temperature, 15-20 minutes.



3. Finish the Dish

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 30-35 minutes.
- *If cheese browns too fast, cover with foil.*
- Carefully remove from oven. Rest chicken, at least 5 minutes. Bon appétit!