



### In your box

- ½ oz. Crispy Fried Onions
- 1 ½ oz. BBQ Sauce
- 12 oz. Cauliflower Florets
- 🌶️ .84 oz. Chipotle Aioli
- 1 Tbsp. Savory Seasoning
- 2 Green Onions
- 2 oz. Shredded Cheddar Cheese

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk, eggs, wheat

### You will need

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

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Classic Meal Kit



## Chipotle BBQ Chicken

with cheddar roasted cauliflower

NUTRITION per serving—Calories: 581, Carbohydrates: 31g, Sugar: 15g, Fiber: 4g, Protein: 48g, Sodium: 1690mg, Fat: 29g, Saturated Fat: 10g  
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

**Mild**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**

## Customize It Instructions

- If using **sirloin**, follow same instructions as chicken in Step 1. In Step 2, roast **cauliflower**, 13-15 minutes. Follow same instructions as chicken in Steps 3 and 4, searing undisturbed until browned, 2-3 minutes per side, then roasting until steaks reach minimum internal temperature, 7-9 minutes. Rest
- If using **filets mignon**, follow same instructions as chicken in Step 1. In Step 2, roast cauliflower, 13-15 minutes. Follow same instructions as chicken in Steps 3 and 4, searing undisturbed until browned, 2-3 minutes per side, then roasting until filets reach minimum internal temperature, 7-9 minutes. Rest 3 minutes.



### 1. Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Cut **cauliflower florets** into bite-size pieces.
- Coarsely crush **crispy onions**.
- In a mixing bowl, combine **BBQ sauce**, green portions of green onions, and half the **chipotle aioli**. Taste, and add remaining chipotle aioli if desired. Set aside.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt and pepper**.



### 2. Start the Cauliflower

- Place **cauliflower** on prepared baking sheet and toss with 2 tsp. **olive oil** and **seasoning blend**. Massage oil and seasoning into cauliflower.
- Spread into a single layer on one half of baking sheet. Roast in hot oven until starting to brown, 10-12 minutes.
- Remove from oven. *Cauliflower will finish cooking in a later step.*
- While cauliflower roasts, start chicken.



### 3. Start the Chicken

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **chicken** to hot pan and cook until browned, 2-3 minutes per side.
- Remove from burner. Transfer to empty half of baking sheet.



### 4. Finish the Chicken and Cauliflower

- Top **cauliflower** evenly with **cheese** and **white portions of green onions**.
- Roast again until cauliflower is tender and **chicken** reaches a minimum internal temperature of 165 degrees, 10-12 minutes.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **chipotle-BBQ mixture** and crushed **crispy onions**, pressing gently to adhere. Bon appétit!