



In your box

- ¼ cup Panko Breadcrumbs
- .42 oz. Mayonnaise
- ½ tsp. Garlic Salt
- ½ oz. Roasted Peanuts
- 12 oz. Broccoli Florets
- 2 Green Onions
- 2 fl. oz. Orange Sauce

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 14 oz. Duroc Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops

*Contains: eggs, wheat, peanuts, soy

You will need

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



Panko-Crusted Chicken

with orange-peanut broccoli

NUTRITION per serving—Calories: 553, Carbohydrates: 34g, Sugar: 17g, Fiber: 5g, Protein: 46g, Sodium: 1504mg, Fat: 26g, Saturated Fat: 4g
 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
- Ingredient(s) used more than once: **green onions**



1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Pat **chicken breasts** dry, and season both sides with **garlic salt**. Cover chicken evenly with **mayonnaise**. Place **panko** on a plate. Place chicken on panko, coating both sides and pressing gently to adhere.

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1 and 2, cooking until pork reaches minimum internal temperature, 5-7 minutes per side. Rest, 3 minutes.



2. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 4 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.
- While chicken cooks, cook broccoli.



3. Cook the Broccoli

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **broccoli**, **white portions of green onions**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until lightly browned, 2-3 minutes.
- Add ¼ cup **water** and cover. Cook until tender, 3-4 minutes.
- Uncover, and stir in **orange sauce**. Bring to a simmer.
- Once simmering, remove from burner.



4. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken and broccoli** with **green portions of green onions** and broccoli with **peanuts**. Bon appétit!