



In your box

- 1 oz. Light Cream Cheese
- 1 tsp. Buttermilk-Dill Seasoning
- 1 oz. Crispy Fried Onions
- 5 oz. Corn Kernels
- 1 Zucchini
- ¼ oz. Cilantro
- 2 oz. Shredded Cheddar Cheese
- 🌶️ .7 oz. Diced Jalapeño Pepper

Customize It Options

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

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper

Medium Non-Stick Pan, Mixing Bowl, 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



Jalapeño-Popper Chicken

with corn and zucchini

NUTRITION per serving—Calories: 574, Carbohydrates: 27g, Sugar: 6g, Fiber: 3g, Protein: 50g, Sodium: 1348mg, Fat: 33g, Saturated Fat: 12g
 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

Intermediate

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Set **cream cheese** on counter to soften

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



1. Start 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 1 tsp. **olive oil**. Add chicken breasts to hot pan and cook on one side until browned, 5-7 minutes.
- While chicken cooks on one side, prepare topping.



2. Make Topping and Finish Chicken

- In a mixing bowl, combine jalapeño (to taste), **cream cheese**, **cheddar cheese**, and a pinch of **salt** and **pepper**.
- Flip **chicken**. Cover, and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Top chicken evenly with topping. Cover again, and cook until melted, 2-3 minutes.
- Remove from burner and top with **crispy onions**, pressing gently to adhere.
- While chicken cooks, cook vegetables.



3. Cook the Vegetables

- Trim **zucchini** ends, quarter, and cut into ½" dice.
- Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil**, zucchini, **corn**, and **seasoning blend** to hot pan.
- Stir occasionally until lightly browned and tender, 4-5 minutes.
- While vegetables cook, coarsely chop **cilantro**, leaves and stems.



4. Finish the Dish

- Plate dish as pictured on front of card, garnishing **chicken** and **vegetables** with **cilantro**. Bon appétit!