



In your box

- 2 Tbsp. Italian Panko Blend
- 6 fl. oz. Marinara Sauce
- 8 oz. Cubed Butternut Squash
- 4 oz. Shredded Brussels Sprouts
- 1 oz. Roasted Garlic & Herb Butter
- 1 oz. Grated Parmesan

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper

Minimum Internal Protein Temperature

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

Oven-Ready



Baked Chicken Parmesan

with garlic herb butternut squash and Brussels sprouts

NUTRITION per serving—Calories: 560, Carbohydrates: 30g, Sugar: 9g, Fiber: 4g, Protein: 47g, Sodium: 1188mg, Fat: 26g, Saturated Fat: 9g
 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

30-40 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.



1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Mix **butternut squash**, **Brussels sprouts**, 1 tsp. **olive oil**, and a pinch of **pepper** in provided tray. Season with ¼ tsp. **salt**, if desired. Top with **butter**.
- Bake uncovered in hot oven, 10 minutes.



2. Add the Chicken

- Carefully remove from oven and push **vegetables** to one side of tray. _Tray will be hot! Use a utensil.
- Pat **chicken** dry.
- Place **marinara** in empty side of tray and top with **chicken**. Top chicken with **panko**, **Parmesan**, then 2 tsp. **olive oil**.

Customize It Instructions

- If using **sirloin steaks**, in Step 1, roast **vegetables**, 20 minutes. Follow same instructions as chicken in Steps 2 and 3, baking uncovered until steak reaches minimum internal temperature, 16-20 minutes.
- If using **shrimp**, in Step 1, roast vegetables, 20 minutes. Follow same instructions as chicken in Steps 2 and 3, baking uncovered until shrimp reaches minimum internal temperature, 16-20 minutes.



3. Bake the Dish

- Bake uncovered in hot oven until **chicken** is browned and reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- *Tent with foil if browning too quickly.*
- Carefully remove from oven. Rest, 3 minutes. Top **chicken** with a few spoonfuls of remaining **sauce** from tray. Bon appétit!