



### In your box

- 1.9 oz. Ketchup Cup
- 6 fl. oz. Canola Oil
- 🌶️ 2 tsp. Sriracha
- 2 Green Onions
- ½ tsp. Multicolor Sesame Seeds
- ½ cup Panko Breadcrumbs
- 12 oz. Broccoli Florets
- 2 Garlic Cloves

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Mahi-Mahi Fillets
- 11 oz. Tilapia Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: wheat

### You will need

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

### Minimum Internal Protein Temperature

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

Classic Meal Kit



## Crispy Chicken Tenders with Sriracha Ketchup

with garlic and sesame broccoli

NUTRITION per serving—Calories: 612, Carbohydrates: 32g, Sugar: 10g, Fiber: 5g, Protein: 45g, Sodium: 1528mg, Fat: 35g, Saturated Fat: 3g  
 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  
**40-50 min.**

Cook Within  
**5 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
- Ingredient(s) used more than once: **garlic**



### 1. Prepare the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**. Cut each breast into three evenly-sized strips, about 1" thick.
- Place **panko** in an even layer on a plate. Place chicken strips on panko, and flip until coated completely, pressing gently to adhere.
- Rest chicken, 10 minutes.
- While chicken rests, prepare ingredients.



### 2. Prepare the Ingredients

- On a separate cutting board, trim and thinly slice **green onions**.
- Cut **broccoli** into bite-sized pieces.
- Mince **garlic**.

### Customize It Instructions

- If using **tilapia**, follow same instructions as chicken in Steps 1 and 3, cutting into 1" strips and coating in **panko**. Fry until fish is golden all over and reaches minimum internal temperature, 3-4 minutes per side.
- If using **mahi-mahi**, follow same instructions as chicken in Steps 1 and 3, cutting into 1" strips and coating in **panko**. Fry until fish is golden all over and reaches minimum internal temperature, 5-7 minutes.



### 3. Fry the Chicken Tenders

- Line a plate with a paper towel. Place a large non-stick pan over medium heat and add **canola oil**. Heat oil, 3 minutes.
- After 3 minutes, test oil temperature by adding a pinch of **panko** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Working in batches if necessary, lay **chicken strips** in hot oil and flip occasionally until crispy, golden brown, and chicken reaches a minimum internal temperature of 165 degrees, 5-8 minutes.
- Remove chicken to towel-lined plate. Wipe pan clean and reserve.



### 4. Cook the Broccoli

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**.
- Add **broccoli** to hot pan and stir occasionally until tender, 5-7 minutes.
- Add half the **garlic** (reserve remaining for sauce), 2 Tbsp. **water**, ¼ tsp. **salt**, and a pinch of **pepper** and stir until combined. Remove from burner.
- While broccoli cooks, make Sriracha-ketchup.



### 5. Make Sriracha-Ketchup and Finish Dish

- Place a medium non-stick pan over medium high heat. Add 1 tsp. **olive oil** and remaining **garlic** to hot pan. Cook until aromatic, 30-45 seconds.
- Stir in **ketchup** until combined. Remove from burner and stir in **Sriracha**, 1 tsp. **water**, and a pinch of **salt**.
- Plate dish as pictured on front of card, topping **broccoli** with **sesame seeds** and **green onions**. Serve Sriracha-ketchup on the side for dipping. Bon appétit!