



In your box

- 2 Roma Tomatoes
- 2 oz. Fontina Cheese Slices
- 2 Tbsp. Italian Panko Blend
- 8 oz. Broccoli Florets
- .8 oz. Lemon Garlic Butter
- 1 tsp. Pink Seasoned Salt
- 2 Garlic Cloves

Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Sirloin Steaks
- 13½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

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

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



Chicken and Roasted Garlic Butter

with fontina gratin tomatoes and broccoli

NUTRITION per serving—Calories: 590, Carbohydrates: 17g, Sugar: 5g, Fiber: 4g, Protein: 47g, Sodium: 1500mg, Fat: 37g, Saturated Fat: 13g
 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

45-55 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Set **lemon garlic butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **seasoning blend**



Customize It Instructions

- If using **NY strip steak**, follow same instructions as chicken in Steps 1 and 4, cooking until steak reaches minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **sirloin steaks**, follow same instructions as chicken in Steps 1 and 4, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.

1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Slice each **tomato** into six evenly-sized rounds.
- Tear or cut **cheese** into twelve pieces.
- Pat **chicken** dry, and season both sides with half the **seasoning blend** (reserve remaining for broccoli).

2. Prepare the Tomatoes

- Place **tomato slices** on prepared baking sheet and top evenly with 1 Tbsp. **olive oil**. Massage oil into tomatoes.
- On one side of sheet, alternate shingling tomato slices and **cheese slices** in two rows. Top evenly with **panko** and 1 tsp. olive oil.



3. Roast the Vegetables

- Place **broccoli** on empty side of baking sheet and toss with 1 tsp. **olive oil**, remaining **seasoning blend**, and a pinch of **pepper**. Spread into a single layer on broccoli side.
- Place **garlic** and 1 tsp. olive oil on a piece of foil and form a foil pouch around garlic. Place garlic pouch in any empty space on baking sheet.
- Roast in hot oven until broccoli is tender, 15-18 minutes.
- *Don't worry if cheese melts and spreads on baking sheet!*
- While vegetables roast, cook chicken.



4. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 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. Remove chicken to a plate and tent with foil.



5. Make Roasted Garlic Butter and Finish Dish

- Carefully remove **roasted garlic** from pouch.
- Combine softened **lemon garlic butter** and roasted garlic in a mixing bowl. Mash until smooth.
- Plate dish as pictured on front of card, topping **chicken** with roasted garlic butter. Bon appétit!