



### In your box

- 4 Garlic Cloves
- 1 fl. oz. Honey
- 1 Red Bell Pepper
- 1 tsp. Garlic Pepper
- ½ oz. Seasoned Rice Vinegar
- 🌶️ ¼ tsp. Red Pepper Flakes
- 8 oz. Broccoli Florets

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

### You will need

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

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Classic Meal Kit



## Hot Honey-Glazed Chicken

with garlic-pepper broccoli and red peppers

NUTRITION per serving—Calories: 455, Carbohydrates: 29g, Sugar: 19g, Fiber: 5g, Protein: 43g, Sodium: 1330mg, Fat: 19g, 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

**35-45 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
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil



### 1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Stem, seed, remove ribs, and cut **red bell pepper** into 1" dice.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



### 2. Roast the Vegetables

- Place **broccoli** and **red bell pepper** on prepared baking sheet and toss with 1 Tbsp. **olive oil**, **garlic pepper**, and ¼ tsp. **salt**. Massage oil, garlic pepper, and salt into vegetables.
- Spread into a single layer and roast in hot oven until tender, 15-18 minutes.
- While vegetables roast, cook chicken.

### Customize It Instructions

- If using **salmon fillets**, pat dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 3, cooking, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side.



### 3. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 2 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. Wipe pan clean and reserve.



### 4. Make the Sauce

- Return pan used to cook chicken to medium heat. Add 1 tsp. **olive oil** and **garlic** to hot pan. Stir often until aromatic, 60-90 seconds.
- Stir in 1 Tbsp. **water**, **honey**, **seasoned rice vinegar**, and **red pepper flakes** (to taste) and bring to a boil.
- Once boiling, remove from burner.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce**. Bon appétit!