



#### In your box

- 1 Smoked Maple Seasoning
- 1 oz. Shredded Cheddar-Jack Cheese
- 8 oz. Cooked Diced Red Potatoes
- 4 oz. Cremini Mushrooms
- 3 oz. BBQ Sauce

#### Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 12 oz. Salmon Fillets
- 13½ oz. Organic 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

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	

Rest steak or pork after cooking, 3 minutes.

15 Minute Meal Kit



## Smokehouse Maple Chicken

with cheesy potatoes

NUTRITION per serving—Calories: 500, Carbohydrates: 48g, Sugar: 22g, Fiber: 3g, Protein: 42g, Sodium: 1510mg, Fat: 15g, Saturated Fat: 4½g  
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

Easy

Spice Level

Not Spicy



## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry

### Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Step 1, cooking until pork reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. *Pork thickness can vary; if you receive a thinner chop, we recommend checking for doneness sooner.*
- If using **salmon**, pat dry and season flesh side with **seasoning blend**. Follow same instructions as chicken in Step 1, cooking until fish reaches minimum internal temperature, 4-6 minutes per side.



#### 1. Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with **seasoning blend**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add chicken 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.
- While chicken cooks, cook vegetables.



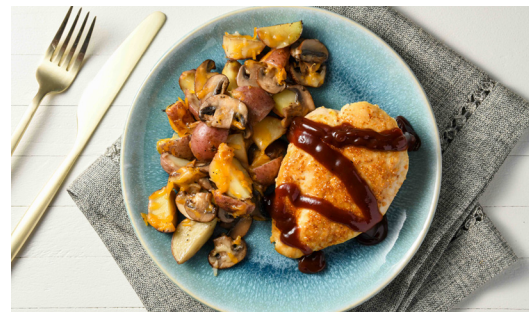
#### 2. Start the Vegetables

- Cut **mushrooms** into ¼" slices.
- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add mushrooms to hot pan and stir occasionally until browned, 5-7 minutes.



#### 3. Finish the Vegetables

- Add **potatoes** and a pinch of **pepper** to hot pan. Stir occasionally until lightly browned, 3-5 minutes.
- Remove from burner and stir in **cheese**.



#### 4. Finish the Dish

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