



In your box

- 2 oz. Shredded Oaxacan Cheese
- 2 oz. Sour Cream
- 1 oz. Tortilla Strips
- 3 oz. Pineapple Chunks
- ¼ fl. oz. Cholula Hot Sauce
- 2 Green Onions
- 8 oz. Chili Lime Rice

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 10 oz. Ahi Tuna Steaks
- 14 oz. Duroc Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk

You will need

- Olive Oil, Salt, Pepper
- 2 Medium Non-Stick Pans, Mixing Bowl

Minimum Internal Protein Temperature

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

15 Minute Meal Kit



Al Pastor Chicken

with Spanish-style rice

NUTRITION per serving—Calories: 701, Carbohydrates: 52g, Sugar: 8g, Fiber: 2g, Protein: 50g, Sodium: 1708mg, Fat: 30g, Saturated Fat: 11g
 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

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: **cheese**



1. Cook the Chicken

- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 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.
- While chicken cooks, make salsa.



2. Make the Salsa

- Coarsely chop **pineapple**.
- Trim and thinly slice **green onions**.
- Combine green onions (to taste), pineapple, 1 tsp. **olive oil**, and a pinch of **pepper** in a mixing bowl. Set aside.

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Step 1, cooking until pork reaches minimum internal temperature, 5-7 minutes per side. Rest, 3 minutes.
- If using **ahi tuna**, follow same instructions as chicken in Step 1, cooking until tuna reaches minimum internal temperature, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*



3. Prepare the Rice

- Place another medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **rice** to hot pan and stir often, breaking up rice, until warmed through, 1-2 minutes.
- Remove from burner and stir in **cheese** (reserve 1 Tbsp. for garnish) and **hot sauce** (to taste).



4. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **salsa** and garnishing **rice** with reserved **cheese**, **tortilla strips**, and **sour cream**. Bon appétit!