



In your box

- 5 oz. Corn Kernels
- 10 oz. Mashed Potatoes
- 1 ½ oz. Cracked Black Pepper Cheese Spread
- ½ oz. Crispy Fried Onions
- 1 tsp. Black Garlic Seasoning
- 1 oz. Shredded Parmesan Cheese
- .3 oz. Butter

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

You will need

- Salt, Pepper
- Microwave-Safe 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.

Oven-Ready



Cheesy Peppercorn Chicken Breasts

with Parmesan mashed potatoes and corn

NUTRITION per serving—Calories: 643, Carbohydrates: 44g, Sugar: 4g, Fiber: 4g, Protein: 50g, Sodium: 1738mg, Fat: 30g, Saturated Fat: 15g
 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

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.



1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Combine **corn**, **seasoning blend**, and a pinch of **salt** in provided tray. Push to one corner.
- Place **mashed potatoes** in opposite corner and top with **cheese**.



2. Add the Chicken

- Place **cheese spread** in a microwave-safe bowl and microwave, 10 seconds at a time, until beginning to soften.
- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place chicken in empty side of tray and top evenly with softened cheese spread.



3. Bake the Meal

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 20-25 minutes.
- Carefully remove from oven. Top corn with **butter** and chicken with **crispy onions**. Bon appétit!