



In your box

- .95 oz. Ketchup Cup
- ¼ oz. Dijon Mustard
- ¼ oz. White Balsamic Vinegar
- 2 Tbsp. Italian Panko Blend
- ½ oz. Grated Parmesan
- 12 oz. Broccoli Florets
- 🌶️ ¼ tsp. Red Pepper Flakes
- 1 ½ oz. Peach Preserves

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

Olive Oil, Salt, 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	

Classic Meal Kit



Peach BBQ Chicken Breast

and crispy broccoli

NUTRITION per serving—Calories: 470, Carbohydrates: 32g, Sugar: 20g, Fiber: 4g, Protein: 46g, Sodium: 1498mg, Fat: 16g, 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	Cook Within	Difficulty Level	Spice Level
25-35 min.	5 days	Intermediate	Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **NY strip steak**, follow same instructions as chicken in Step 2, searing on one side until browned, 2-3 minutes, then roasting, seared side up, until steak reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes. Halve to serve.
- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. In Step 1, roast broccoli, 8 minutes. Follow same instructions chicken in Step 2, searing, skin side up, in hot pan, 2-4 minutes, then roasting, seared side up, until salmon reaches a minimum internal temperature, 7-10 minutes.



1. Start the Broccoli

- Cut **broccoli** into bite-sized pieces.
- Place broccoli on prepared baking sheet and toss with 2 tsp. **olive oil** and ¼ tsp. **salt**. Massage oil and salt into broccoli.
- Spread into a single layer on one side. Roast in hot oven, 5 minutes.
- Remove from oven. *Broccoli will finish cooking in a later step.*
- While broccoli roasts, prepare chicken.



2. Cook Chicken and Finish Broccoli

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add chicken to hot pan and cook undisturbed, 3-4 minutes on one side.
- Transfer chicken, seared side up, to empty half of baking sheet. Reserve pan; no need to wipe clean.
- Roast again until **broccoli** is tender and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken and broccoli roast, toast panko.



3. Toast the Panko

- Return pan used to cook chicken to medium heat. Add 1 tsp. **olive oil** and **panko** to hot pan and stir constantly until golden brown, 1-2 minutes.
- Remove from burner. Transfer panko to a mixing bowl and stir in **Parmesan** and **red pepper flakes** (to taste) until combined. Set aside.
- Wipe pan clean and reserve.



4. Make the BBQ Sauce

- Return pan used to toast panko to medium-high heat.
- Add **peach preserves**, **ketchup**, **Dijon**, 2 Tbsp. **water**, **white balsamic vinegar**, and a pinch of **salt** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until thickened to a BBQ sauce-like consistency, 2-3 minutes.
- Stir in a pinch of **pepper**. Remove from burner.



5. Finish the Dish

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