



### In your box

- 2 tsp. Mango Chutney
- 6 oz. Mixed Diced Peppers
- 1 tsp. Seasoned Salt Blend
- 🌶️ ½ oz. Crispy Jalapeños
- 1 oz. Shredded Cheddar Cheese
- 1 ½ oz. BBQ Sauce
- ¼ oz. Cilantro
- 15 ½ oz. Black Beans
- 1 oz. Sour Cream

### Customize It Options

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

### You will need

- Olive Oil, Pepper
- Mixing Bowl

### Minimum Internal Protein Temperature

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

Oven-Ready



## Mango BBQ Chicken

with cheesy black beans and peppers

NUTRITION per serving—Calories: 509, Carbohydrates: 35g, Sugar: 16g, Fiber: 2g, Protein: 46g, Sodium: 1695mg, Fat: 19g, Saturated Fat: 6g  
 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

**30-40 min.**

Cook Within

**5 days**

Difficulty Level

**Easy**

Spice Level

**Mild**

## 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.
- Drain **black beans**. Combine 1/3 the black beans (remaining is yours to do with as you please!), **diced peppers**, half the **seasoned salt**, 1 tsp. **olive oil**, and a pinch of **pepper** in provided tray.
- Push to one side of tray and top with **cheese**.



### 2. Add the Chicken

- Pat **chicken** dry, and season both sides with remaining **seasoned salt** and **pepper**. Add chicken to empty half of tray. Top with 1 tsp. **olive oil**.

### Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Steps 2 and 3, baking uncovered in hot oven until steaks reach minimum internal temperature, 15-20 minutes. Rest, 3 minutes.



### 3. Bake the Dish

- Bake uncovered in hot oven until **peppers** are tender and **chicken** reaches a minimum internal temperature of 165 degrees, 18-22 minutes.
- While meal bakes, combine **BBQ sauce** and **mango chutney** in a mixing bowl.
- Stem **cilantro**, reserving leaves whole.
- Carefully remove tray from oven. Spoon mango-BBQ sauce on chicken and top with **crispy jalapeños** (to taste). Garnish vegetables with **sour cream** and cilantro leaves. Bon appétit!