



In your box

- 3 oz. Corn Kernels
- 2 oz. Shredded Cheddar Cheese
- 7 oz. Sliced Zucchini
- ½ tsp. Garlic Salt
- 1 oz. Grated Parmesan
- 3 oz. Diced Poblano
- 1 oz. Crispy Fried Onions

Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 14 oz. Duroc Boneless Pork Chops
- 12 oz. Boneless Pork Chops

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, Salt, Pepper

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



Cheddar Poblano Chicken

with Parmesan zucchini and corn

NUTRITION per serving—Calories: 550, Carbohydrates: 25g, Sugar: 6g, Fiber: 3g, Protein: 51g, Sodium: 1530mg, Fat: 28g, 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

30-40 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 2 and 3, baking half-covered in hot oven until pork reaches minimum internal temperature, 23-27 minutes. Rest, 3 minutes. *Pork thickness can vary; if you receive a thinner chop, we recommend checking for doneness sooner.*



1. Prepare the Ingredients

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry.
- Combine **zucchini**, half the **poblano** (reserve remaining for chicken), **corn**, 2 tsp. **olive oil**, **garlic salt**, and a pinch of **pepper** in provided tray. Push to one side and top with **Parmesan**.



2. Add the Chicken

- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.
- Add chicken to empty side of tray and top with **shredded cheddar cheese** and remaining **poblano**.



3. Bake the Dish

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- Carefully remove tray from oven. Garnish **vegetables** with **crispy onions**. Bon appétit!