



In your box

- 1 oz. Shredded Cheddar-Jack Cheese
- 3 oz. Pineapple Chunks
- 1 tsp. BBQ Spice Rub
- ¼ oz. Cilantro
- 6 Small Flour Tortillas
- 1 ½ oz. BBQ Sauce
- 2 oz. Shredded Cheddar Cheese
- 2 Green Onions
- 2 oz. Sour Cream

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 10 oz. Steak Strips
- 10 oz. Ground Pork
- 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
- Large Non-Stick Pan, 2 Mixing Bowls

Minimum Internal Protein Temperature

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

Classic Meal Kit



BBQ Pineapple and Chicken Quesadillas

with cilantro crema and green onions

NUTRITION per serving—Calories: 801, Carbohydrates: 64g, Sugar: 19g, Fiber: 3g, Protein: 52g, Sodium: 1609mg, Fat: 36g, Saturated Fat: 18g
 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.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **whole chicken breasts**, cut into 1" dice and follow same instructions as diced chicken.
- If using **ground pork**, follow same instructions as chicken in step 2, cooking with **spice rub** and a pinch of **salt** and breaking up meat until no pink remains and pork reaches minimum internal temperature, 5-7 minutes. Drain oil from pan before cooking pineapple, if desired.
- If using **steak strips**, separate into a single layer and pat dry. Season all over with spice rub and a pinch of salt and **pepper**. Follow same instructions as chicken in Step 2, stirring occasionally, until no pink remains and steak reaches minimum internal temperature, 4-6 minutes.



1. Prepare the Ingredients

- Coarsely chop **cilantro** (no need to stem).
- Pat **pineapple** dry and coarsely chop.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Pat **diced chicken** dry. Cut any large chicken pieces to roughly match smaller pieces. Season all over with **seasoning rub** and a pinch of **salt**.



2. Cook the Filling

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **chicken** to hot pan. Stir occasionally until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Add **white portions of green onions** and **pineapple**. Stir occasionally until green onions soften, 1-2 minutes.
- Transfer filling to a mixing bowl and stir in **BBQ sauce** until chicken is coated. Wipe pan clean and reserve.



3. Assemble the Quesadillas

- Place **tortillas** on a clean work surface. Divide **cheeses** evenly among tortillas, covering one side of tortillas. Top cheeses with **filling**.
- Fold tortilla over filling and cheeses.



4. Cook the Quesadillas

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil** to hot pan. Working in batches, add two or three **quesadillas** (there should be no overlap). Cook until golden brown, 2-4 minutes per side.
- Transfer quesadillas to a plate. Repeat with remaining quesadillas, adding 1 tsp. olive oil for each batch.



5. Make Cilantro Crema and Finish Dish

- In another mixing bowl, combine **sour cream** and **cilantro**.
- Plate dish as pictured on front of card, garnishing **quesadillas** with **green portions of green onions** and serving cilantro crema on the side for dipping. Bon appétit!