



In your box

- ½ oz. Shredded Parmesan Cheese
- .84 oz. Garlic & Herb Aioli
- 2 oz. Shredded Cheddar Cheese
- 12 oz. Broccoli Florets
- ½ tsp. Garlic Salt
- ½ oz. Crispy Fried Onions

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat

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	

Oven-Ready



Creamy Garlic Chicken

with cheddar broccoli

NUTRITION per serving—Calories: 518, Carbohydrates: 18g, Sugar: 4g, Fiber: 4g, Protein: 52g, Sodium: 1605mg, Fat: 26g, Saturated Fat: 10g
 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 Broccoli

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Break up large **broccoli florets**.
- Combine broccoli, 2 tsp. **olive oil**, 1 Tbsp. **water**, and **garlic salt** in provided tray and spread into a single layer.
- Cover with foil. Bake covered in hot oven, 10 minutes.



2. Add the Chicken

- Carefully remove tray from oven. Push **broccoli** to one side. *Tray will be hot! Use a utensil.*
- 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 **garlic aioli**, then **Parmesan**.

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 2 and 3, baking uncovered in hot oven until pork reaches minimum internal temperature, 23-27 minutes. Rest, 3 minutes.



3. Bake the Meal

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- Carefully remove tray from oven. Top **broccoli** with **cheddar cheese** and let melt, 5 minutes. Garnish meal with **crispy onions**. Bon appétit!