



In your box

- 1 oz. Shredded Parmesan Cheese
- 1 Tbsp. Basil Pesto
- .6 oz. Butter
- 8 oz. Sliced Zucchini
- ½ tsp. Garlic Salt
- 2 Tbsp. Italian Panko Blend
- 4 oz. Grape Tomatoes
- 0.14 oz. Lemon Juice

Customize It Options

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

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
- Mixing Bowl

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



Basil Parmesan Chicken

with zucchini and grape tomatoes

NUTRITION per serving—Calories: 412, Carbohydrates: 13g, Sugar: 6g, Fiber: 2g, Protein: 42g, Sodium: 1354mg, Fat: 19g, Saturated Fat: 8g
 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

25-35 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 Ingredients

- Turn oven on to 425 degrees. Let preheat, 10 minutes. Thoroughly rinse any fresh produce and pat dry. Set **butter** on counter to soften.
- Combine **zucchini**, **tomatoes**, 1 tsp. **olive oil**, and **garlic salt** in provided tray. Spread into an even layer.
- Bake uncovered in hot oven, 10 minutes.

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, 20-25 minutes. Rest, 3 minutes.



2. Add the Chicken

- Carefully remove tray from oven. *Drain any excess liquid, if desired.* Push **vegetables** to one side and top with half the **cheese** (reserve remaining for chicken) and **panko**. *Tray will be hot! Use a utensil.*
- Pat **chicken** dry, and season both sides with a pinch of **salt**. Place in empty side of tray and top evenly with remaining **cheese**.



3. Bake the Dish

- Bake again uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 20-25 minutes.
- While meal bakes, combine softened **butter**, **lemon juice**, and **pesto** in a mixing bowl.
- Carefully remove tray from oven. Remove chicken to a plate. *Drain excess liquid from tray, if desired.* Top chicken with pesto butter mixture. Bon appétit!