



In your box

- 🔪 1 fl. oz. Boom Boom Sauce
- 1 fl. oz. Tonkatsu Sauce
- 8 oz. Slaw Mix
- ½ oz. Crispy Rice Noodles
- 4 oz. Mandarin Oranges in Juice
- ½ oz. Slivered Almonds
- .406 fl. oz. Tamari Soy Sauce

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Sirloin Steaks
- 12 oz. Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: eggs, wheat, soy, tree nuts (almonds)

You will need

- Salt, Cooking Spray
- Mixing Bowl

Minimum Internal Protein Temperature

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

Grill-Ready



Tonkatsu Grilled Chicken

with crunchy Asian-style slaw

NUTRITION per serving—Calories: 462, Carbohydrates: 35g, Sugar: 19g, Fiber: 4g, Protein: 42g, Sodium: 1649mg, Fat: 17g, Saturated Fat: 3g
 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

10-15 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Medium

Before you cook

All cook times are approximate based on testing.

Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Steps 1 and 2, grilling on hot grill until steak reaches desired doneness, or 4-6 minutes per side for medium/medium-well. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.* Remove from burner. Rest, 3 minutes.
- If using **NY strip steak**, follow same instructions as chicken in Steps 1 and 2, grilling on hot grill until steak reaches minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **pork chops**, follow same instructions as chicken in Steps 1 and 2, grilling on hot grill until pork reaches minimum internal temperature, 5-7 minutes per side. Rest, 3 minutes.



1. Prepare the Ingredients

- Spray grill with **cooking spray** and heat grill to medium-high. Thoroughly rinse any fresh produce and pat dry.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt**.
- Drain **oranges**.
- In a mixing bowl, combine **slaw**, drained oranges, **almonds**, **boom boom sauce**, **soy sauce**, and a pinch of **salt**. Set aside.



2. Grill the Chicken

- Place **chicken** on hot grill and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 4-5 minutes per side.
- Remove from grill.



3. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **tonkatsu sauce**. Garnish **slaw** with **crispy rice noodles**. Bon appétit!

For a Rainy Day...

- If cooking indoors, drain **oranges**. Mix **slaw mix**, **almonds**, oranges, **boom boom sauce**, **soy sauce**, and a pinch of **salt** in a mixing bowl. Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Pat **chicken breasts** dry and season both sides with a pinch of salt. Add chicken breasts to hot pan, and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Remove from burner. Follow same instructions for plating.