



In your box

- 1 oz. Shallot & Chive Cheese Spread
- ½ oz. Shredded Parmesan Cheese
- 8 oz. Cauliflower Florets
- ½ tsp. Garlic Salt
- 4 oz. Sliced Red Bell Pepper
- ½ oz. Sliced Almonds

Customize It Options

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

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

Almond-Crusted Chicken

with garlic cauliflower and red peppers



Shawn Johnson's secret to simple and delicious dinners?

Oven-Ready meals!

Check out her favorite recipes on the menu for a limited time only.

NUTRITION per serving—Calories: 450, Carbohydrates: 15g, Sugar: 6g, Fiber: 5g, Protein: 46g, Sodium: 1465mg, Fat: 23g, Saturated Fat: 7g
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.

Cook Time
40-50 min.

Cook Within
5 days

Difficulty Level
Easy

Spice Level
Not Spicy

Before you cook

All cook times are approximate based on testing.



1. Bake the Cauliflower

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Break up any larger **cauliflower** pieces with your hands.
- Combine cauliflower, 2 tsp. **olive oil**, **garlic salt**, and a pinch of **salt** in provided tray. Massage oil, garlic salt, and salt into cauliflower. Spread into a single layer.
- Bake uncovered in hot oven, 10 minutes.



2. Add the Chicken

- Carefully remove tray from oven. Stir in **red bell pepper** and push **vegetables** 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 space in tray and top with 1 tsp. **olive oil**.

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 Dish

- Bake uncovered in hot oven until **cauliflower** is golden brown, **chicken** is browned, and chicken reaches a minimum internal temperature of 165 degrees, 20-22 minutes.
- Carefully remove tray from oven. Transfer chicken to a plate and top with **cheese spread**. Set aside, 30 seconds, then spread into an even layer.
- Garnish vegetables with **Parmesan** and top chicken with **almonds**. Bon appétit!