



15 Minute Meal Kit

In your box

- 1 Tbsp. Hot Honey
- 2 fl. oz. Carolina BBQ Sauce
- 6 oz. Trimmed Green Beans
- 1 oz. Shredded Cheddar Cheese
- ½ oz. Crumbled Bacon
- 10 oz. Mashed Potatoes

Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 13½ 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, Pepper

Mixing Bowl, Microwave-Safe Bowl, Large Non-Stick Pan, Medium Non-Stick Pan

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.



Hot Honey BBQ Chicken

with loaded mashed potatoes and green beans

NUTRITION per serving—Calories: 600, Carbohydrates: 49g, Sugar: 20g, Fiber: 5g, Protein: 45g, Sodium: 1690mg, Fat: 25g, 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

15 min.

Cook Within

4 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: **cheese**

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Step 1, cooking until pork reaches minimum internal temperature, 5-7 minutes per side. Rest, 3 minutes. *Pork chop thickness can vary; if you receive a thinner chop, we recommend checking for doneness sooner.*



1. Cook the Chicken

- Pat **chicken breasts** dry.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken breasts to hot pan. Cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side, covering pan after flipping.
- Remove from burner. Remove chicken to a plate and tent with foil.
- While chicken cooks, cook green beans.



2. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **green beans** to hot pan and cook, 1 minute.
- Add ¼ cup **water** and a pinch of **salt** and **pepper**. Cover, and cook until tender, 6-8 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- Remove from burner.



3. Prepare the Mashed Potatoes

- Place **potatoes** and a pinch of **salt** in a microwave-safe bowl. Cover with a damp paper towel. Microwave until heated through, 2-3 minutes.
- Carefully remove from microwave. Stir in ¾ the **cheese** (reserve remaining for garnish) until thoroughly combined.



4. Heat Bacon, Make Sauce, and Finish Dish

- Line a plate with a paper towel. Place **bacon** on towel-lined plate and microwave until crispy, 30-60 seconds.
- While bacon crisps, in a mixing bowl, combine **BBQ sauce** and **hot honey** (to taste).
- Plate dish as pictured on front of card, topping **chicken** with sauce and garnishing **mashed potatoes** with remaining **cheese** and bacon. Bon appétit!