



### In your box

- 1 oz. Shredded Asiago Cheese
- ½ tsp. Seasoned Salt Blend
- 12 oz. Broccoli Florets
- 1 oz. Butter
- 1 Tbsp. Basil Pesto

### Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 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, Pepper
- Medium Non-Stick Pan,
- Large Non-Stick Pan, Mixing Bowl

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

15 Minute Meal Kit



## Pesto Butter Chicken

with Asiago broccoli

NUTRITION per serving—Calories: 490, Carbohydrates: 12g, Sugar: 3g, Fiber: 4g, Protein: 43g, Sodium: 1218mg, Fat: 31g, Saturated Fat: 12g  
 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

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Set **butter** on counter to soften



### 1. Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add chicken 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. Transfer chicken to a plate.
- While chicken cooks, cook broccoli.



### 2. Cook the Broccoli

- Cut **broccoli** into bite-size pieces, if necessary.
- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add broccoli, **seasoned salt**, and 1 Tbsp. **water** to hot pan. Stir to combine.
- Cover, and cook until water is almost completely evaporated, 5-6 minutes.
- Uncover, and stir occasionally until tender, 2-3 minutes.
- Remove from burner. Stir in **cheese** and a pinch of **pepper**.
- While broccoli cooks, prepare butter.



### 3. Make the Butter

- In a mixing bowl, combine softened **butter** and **pesto**. Divide into two equally-sized dollops.



### 4. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with a dollop of **pesto butter**. Bon appétit!