



# Peach BBQ Chicken Breast

AND CRISPY BROCCOLI

Classic



## Prep & Cook Time

25-35 MIN

## Cook Within

5 DAYS

## Difficulty Level

INTERMEDIATE

## Spice Level

MILD

## You Will Need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, Mixing Bowl

## Ingredients

- 1/4 oz. Dijon Mustard
- 1/4 oz. White Balsamic Vinegar
- 12 oz. Broccoli Florets
- 1/4 tsp. Red Pepper Flakes
- 2 Tbsp. Panko Breadcrumbs
- .96 oz. Ketchup
- 1/2 oz. Shredded Parmesan Cheese
- 1 1/2 oz. Peach Preserves

## Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 10 oz. Ahi Tuna Steaks
- 12 oz. Salmon Fillets
- 12 oz. Sirloin Steaks
- 12 oz. Boneless Pork Chops

## 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.

View nutritional information at [www.homechef.com/19750](http://www.homechef.com/19750)

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

## Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray

## Customize It Instructions

- If using **ahi tuna**, follow same instructions as chicken in Step 2. Skip roasting tuna; sear until browned and tuna reaches minimum internal temperature, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*
- If using **pork chops** or **sirloin steaks**, follow same instructions as chicken in Step 2, searing 3-4 minutes on one side, then roasting, seared side up, until protein reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes.
- If using **salmon filets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 2, searing, skin side up, until browned, 2-4 minutes, then roasting, skin side down, until salmon reaches minimum internal temperature, 6-8 minutes. *Broccoli may need to continue roasting another 5-10 minutes.*



### 1. Start the Broccoli

- Cut **broccoli** into bite-sized pieces.
- Place broccoli on prepared baking sheet and toss with 2 tsp. **olive oil** and ¼ tsp. **salt**. Massage oil and salt into broccoli.
- Spread into a single layer on one side. Roast in hot oven, 5 minutes.
- Remove from oven. *Broccoli will finish cooking in a later step.*
- While broccoli roasts, continue recipe.



### 2. Cook Chicken and Finish Broccoli

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add chicken to hot pan and cook undisturbed, 3-4 minutes on one side.
- Remove from burner. Transfer chicken, seared side up, to empty half of baking sheet. Reserve pan; no need to wipe clean.
- Roast again until **broccoli** is tender and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken and broccoli roast, toast panko.



### 4. Make the BBQ Sauce

- Return pan used to toast panko to medium-high heat.
- Add **peach preserves**, **ketchup**, **mustard**, 2 Tbsp. **water**, **vinegar**, and a pinch of **salt** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until thickened to a BBQ sauce-like consistency, 2-3 minutes.
- Stir in a pinch of **pepper**. Remove from burner.



### 3. Toast the Panko

- Return pan used to cook chicken to medium heat.
- Add 1 tsp. **olive oil**, **panko**, and a pinch of **salt** to hot pan and stir constantly until golden brown, 1-2 minutes.
- Remove from burner. Transfer panko to a mixing bowl and stir in **Parmesan** and **red pepper flakes** (to taste) until combined. Set aside.
- Wipe pan clean and reserve.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce** and garnishing **broccoli** with **panko mixture**. Bon appétit!