



In your box

- ½ tsp. Garlic Salt
- ½ oz. Garlic & Herb Cheese Spread
- ½ oz. Grated Parmesan
- 8 oz. Sliced Zucchini
- 4 oz. Grape Tomatoes
- 1 fl. oz. Balsamic Fig Glaze

Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice New York Strip Steak
- 12 oz. Salmon Fillets
- 12 oz. Boneless Pork Chops

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

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.

15 Minute Meal Kit



Balsamic Fig Chicken with Zucchini and grape tomatoes

NUTRITION per serving—Calories: 420, Carbohydrates: 18g, Sugar: 14g, Fiber: 2g, Protein: 40g, Sodium: 1470mg, Fat: 21g, Saturated Fat: 5g
 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

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Step 1, cooking until pork reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. *Pork chop thickness can vary; if you receive a thinner chop, we recommend checking for doneness sooner.*
- If using **NY strip steak**, follow same instructions as pork chops in Step 1, cooking until steaks reach minimum internal temperature, 7-10 minutes per side. Rest, 3 minutes.
- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 1, cooking, skin-side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side.



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 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. Remove chicken to a plate and tent with foil.
- While chicken cooks, cook vegetables.



2. Start the Vegetables

- Halve **tomatoes**.
- Place a large non-stick pan over medium-high heat.
- Add 1 Tbsp. **olive oil**, **zucchini**, tomatoes, **garlic salt**, and a pinch of **salt** to hot pan. Stir occasionally until lightly browned, 3-4 minutes.
- Remove from burner.



3. Top the Chicken

- Crumble **cheese spread** and place evenly on **chicken breasts**.



4. Finish the Dish

- Plate dish as pictured on front of card, drizzling chicken with **balsamic fig glaze**, and topping **vegetables** with **Parmesan**. Bon appétit!