



**In your box**

- ½ fl. oz. Seasoned Rice Vinegar
- 8 oz. Broccoli Florets
- ¼ tsp. Red Pepper Flakes
- 1 tsp. Garlic Pepper
- 1 Red Bell Pepper
- 1 fl. oz. Honey
- 4 Garlic Cloves

**Customize It Options**

- 12 oz. Boneless Skinless Chicken Breasts
- 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, Cooking Spray

Medium Non-Stick Pan, Baking Sheet

**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.

Classic Meal Kit



# Hot Honey-Glazed Chicken

with garlic pepper broccoli and red peppers

NUTRITION per serving—Calories: 440, Carbohydrates: 30g, Sugar: 19g, Fiber: 5g, Protein: 40g, Sodium: 1320mg, Fat: 18g, Saturated Fat: 3g  
 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  
**35-45 min.**

Cook Within  
**5 days**

Difficulty Level  
**Intermediate**

Spice Level  
**Mild**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray



## Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1 and 3, cooking until pork reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. *Pork thickness can vary; if you receive a thinner chop, we recommend checking for doneness sooner.*

### 1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Stem, remove seeds and ribs, and cut **red bell pepper** into 1" dice.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**.

### 2. Roast the Vegetables

- Place **broccoli** and **red bell pepper** on prepared baking sheet and toss with 1 Tbsp. **olive oil**, **garlic pepper**, and  $\frac{1}{4}$  tsp. **salt**. Massage oil, garlic pepper, and salt into vegetables.
- Spread into a single layer and roast in hot oven until tender, 15-20 minutes.
- While vegetables roast, cook chicken.



### 3. Cook the Chicken

- 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. Wipe pan clean and reserve.

### 4. Make the Sauce

- Return pan used to cook chicken to medium heat. Add 1 tsp. **olive oil** and **garlic** to hot pan. Stir often until aromatic, 1-2 minutes.
- Stir in 1 Tbsp. **water**, **honey**, **vinegar**, and **red pepper flakes** (to taste). Bring to a boil.
- Once boiling, remove from burner.

### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce**. Bon appétit!