



Prep & Cook Time **5-10 min.** | Cook Within **5 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



5 Minute Lunch

BBQ Ranch Corn & Chicken Grain Bowl

no cooking required

In your box

- 8 oz. Cooked Brown Rice
- 2 Green Onions
- 6 oz. Roasted Chicken Breast
- 1 ½ oz. BBQ Sauce
- 3 oz. Corn Kernels
- 1 oz. Crispy Fried Onions
- 1 ½ oz. Ranch Dressing

Make the Grain Bowl

- Thoroughly rinse produce and pat dry.
- Trim and thinly slice **green onions**.
- Microwave **chicken** until warm, 1-2 minutes. Combine with **BBQ sauce**.
- Remove **rice** from packaging. Place in a microwave-safe bowl with **corn** and 2 Tbsp. **water**. Cover with a damp paper towel. Microwave until warm, 2 minutes.
- Fluff rice with a fork and stir in green onions.
- Top rice mixture with chicken and **crispy onions**. Drizzle **dressing** over grain bowl. Bon appétit!

NUTRITION per serving Calories: 588, Carbohydrates: 72g, Fat: 22g, Protein: 22g, Sodium: 912mg.

CONTAINS milk, eggs, wheat

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