



In your box

- 13 oz. Boneless Skinless Chicken Breasts
- 2 fl. oz. Teriyaki Glaze
- 2 tsp. Chopped Ginger
- ½ fl. oz. Honey
- 1 tsp. Sriracha
- 1 Red Bell Pepper
- 1 tsp. Multicolor Sesame Seeds
- 8 oz. Broccoli Florets
- 2 Green Onions

Staff Pick

One-Sheet Sesame-Crusted Chicken

with broccoli and red bell pepper

NUTRITION per serving—Calories: 477, Carbohydrates: 30g, Fat: 29g, Protein: 44g, Sodium: 1654mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
5 days

Difficulty Level 
Easy

Spice Level 
Mild



🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Mixing Bowl

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **ginger, green onions, sauce**



1

Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Stem, seed, remove ribs, and cut **red bell pepper** into thin strips.
- Trim and cut white portions of **green onion** into 1" lengths. Cut green portions into thin slices. Keep white and green portions separate.
- Pat **chicken breasts** dry.



2

Make the Sauce

- In a mixing bowl, add **teriyaki glaze**, half the **ginger** (reserve remaining for vegetables), **honey**, and **Sriracha** (to taste). Stir until ginger is completely combined and set aside.



3

Prepare the Vegetables

- Place **broccoli, red bell pepper strips, white portions of green onions**, and remaining **ginger** on prepared baking sheet and toss with 4 tsp. **olive oil** and a pinch of **salt** and **pepper**.
- Spread into a single layer on one half of the baking sheet.



4

Roast the Chicken and Vegetables

- Rub **chicken breasts** with 2 tsp. **olive oil** and place on empty half of baking sheet. Drizzle 2 tsp. **sauce** (reserve remaining for plating) on each. *Make sure utensils and remaining sauce do not touch raw chicken. To best avoid cross-contamination, use two bowls for sauce.*
- Roast in hot oven until **vegetables** are tender and chicken reaches a minimum internal temperature of 165 degrees, 14-16 minutes.



5

Finish the Dish

- Plate dish as pictured on front of card, spooning reserved **sauce** on plate and topping with **chicken**. Garnish chicken with **sesame seeds** and **green portions of green onions**. Bon appétit!