



In your box

- 1 oz. Shredded Cheddar Cheese
- ½ oz. Grated Parmesan
- 2 tsp. BBQ Spice Rub
- ½ oz. Potato Sticks
- 1 Poblano Pepper
- 1 ½ oz. Chipotle Ranch Dressing
- 2 Green Onions
- 12 oz. Cubed Butternut Squash

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets

*Contains: milk, eggs, fish (salmon)

You will need

- Olive Oil, Salt, Cooking Spray
- Baking Sheet, Large Non-Stick Pan, Mixing Bowl



Cheddar & Crispy Potato Crusted Chicken

with Parmesan-roasted vegetables

NUTRITION per serving—Calories: 614, Carbohydrates: 31g, Fat: 34g, Protein: 48g, Sodium: 1330mg.

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

Medium

👑 Before you cook

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

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- In using **salmon**, pat dry and season flesh side with **spice rub**. Follow same instructions as chicken in Step 2, searing flesh side only, 2-4 minutes. Follow same instructions for topping. In Step 3, cook butternut squash 4-6 minutes, then poblano and green onion 4-6 minutes. Follow same instructions as chicken in Step 4, roasting until salmon reaches minimum internal temperature, 7-10 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Trim and cut white portions of **green onions** into 1" lengths. Thinly slice green portions. Keep white and green portions separate.
- Stem **poblano pepper**, seed, and cut into ½" dice. Poblano peppers can vary in spice level; most are mild, but a few can be quite hot. Wash hands and cutting board after prepping.
- Gently crush **potato sticks**.
- Pat **chicken breasts** dry, and season both sides with **spice rub** and a pinch of **salt**.



2

Start the Chicken

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **chicken breasts** to hot pan and sear undisturbed until browned, 2-3 minutes per side.
- Transfer seared chicken to one half of prepared baking sheet. Chicken will finish cooking in a later step. Wipe pan clean and reserve.
- In a mixing bowl, combine **cheddar cheese** and **green portions of green onions**. Top chicken with cheese-green onion mixture and **potato sticks**, pressing gently to adhere. Set aside.



3

Start the Vegetables

- Return pan used to sear chicken to medium-high heat and add 1 Tbsp. **olive oil**.
- Add **butternut squash** to hot pan and stir occasionally until lightly browned, 3-4 minutes.
- Add **poblano**, **white portions of green onions**, and a pinch of **salt**. Stir occasionally until poblano softens, 3-4 minutes.
- Remove from burner.



4

Finish the Vegetables and Chicken

- Transfer **vegetables** to empty half of baking sheet and spread into a single layer on their side. Sprinkle with **Parmesan**.
- Roast in hot oven until vegetables are tender and **chicken** reaches a minimum internal temperature of 165 degrees, 10-12 minutes.



5

Finish the Dish

- Plate dish as pictured on front of card, drizzling **chipotle ranch** (to taste) on **vegetables**. Bon appétit!