



#### In your box

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- ½ oz. Baby Arugula
- 1 ½ oz. Ranch Dressing
- 3 oz. Balsamic Onions
- 2 oz. Shredded Cheddar Cheese
- 4 Mini Naan Flatbreads
- 1 ½ oz. BBQ Sauce



## BBQ Chicken Flatbreads

with ranch dressing

NUTRITION per serving—Calories: 822, Carbohydrates: 66g, Fat: 37g, Protein: 51g, Sodium: 1852mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutritional information may vary if you selected antibiotic-free chicken breast as your protein*

Prep & Cook Time  
**15 min.**

Cook Within  
**4 days**

Difficulty Level ● □ □ □  
**Easy**

Spice Level □ □ □ □  
**Not Spicy**

## 📌 You will need

Olive Oil, Pepper, Cooking Spray  
Medium Non-Stick Pan, Baking Sheet

## 👑 Before you cook

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

- Preheat the broiler
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

### Cook the Chicken

- Pat **diced chicken** dry, and season with a pinch of **pepper**.
- *If using **antibiotic-free chicken breasts**, cut into a 1" dice and season same amount.*
- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add diced chicken and **balsamic onions** to hot pan and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- While chicken cooks, par-bake flatbreads.



2

### Par-Bake the Flatbreads

- Place **flatbreads** on prepared baking sheet, flat side up.
- Place baking sheet under broiler. Broil until beginning to brown around edges, 1-2 minutes.
- *Keep an eye on oven as flatbreads may burn easily under broiler.*



3

### Assemble and Bake the Flatbreads

- Carefully, flip **flatbreads**. Top evenly with **BBQ sauce**, **chicken-onion mixture**, and **cheese**.
- Place baking sheet under broiler again until cheese is melted, 1-2 minutes.



4

### Finish the Dish

- Plate dish as pictured on front of card, drizzling **ranch dressing** over **flatbreads** and garnishing with **arugula**. Bon appétit!