



In your box

- 1 Tbsp. BBQ Spice Rub
- 1 oz. Grated Parmesan
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Broccoli Florets
- 1 oz. Shredded Cheddar Cheese
- 1 ½ oz. BBQ Sauce
- 1 oz. Crispy Fried Onions



Staff Pick

Oven-Barbecued Chicken

with crispy onions and cheesy broccoli

NUTRITION per serving—Calories: 574, Carbohydrates: 31g, Fat: 26g, Protein: 53g, Sodium: 1590mg.
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 breasts as your protein

Prep & Cook Time
25-35 min.

Cook Within
5 days

Difficulty Level ● ◻ ◻ ◻
Easy

Spice Level ◻ ◻ ◻ ◻ ◻
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
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 oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Cut **broccoli** into large bite-sized pieces.
- Pat **chicken breasts** dry, and season both sides with **spice rub**.



2

Prepare the Broccoli

- Place **broccoli** on one half of prepared baking sheet and toss with 1 Tbsp. **olive oil**, **Parmesan**, **cheddar**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into broccoli.
- Spread into a single layer on their side.



3

Roast the Chicken and Broccoli

- Place **chicken breasts** on empty half of baking sheet.
- Roast in hot oven until **broccoli** is tender and chicken reaches a minimum internal temperature of 165 degrees, 16-18 minutes.



4

Finish the Chicken

- Top **chicken** with **BBQ sauce** and **crispy onions**.



5

Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!