



In your box

- 5 oz. Corn Kernels
- 2 tsp. Hot Sauce
- 1 Red Bell Pepper
- 1 tsp. Blackening Seasoning
- ½ oz. Crispy Fried Onions
- 2 oz. Remoulade
- 3 oz. Edamame
- .3 oz. Butter

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 8 oz. Bone-in Pork Chops
- 12 oz. Grass Fed Sirloin Steaks

*Contains: milk, eggs, wheat, soy

You will need

- Olive Oil, Salt, Pepper
- Large Non-Stick Pan, Medium Non-Stick Pan, Mixing Bowl



Blackened Chicken with Remoulade and corn succotash

NUTRITION per serving—Calories: 615, Carbohydrates: 32g, Fat: 33g, Protein: 47g, Sodium: 1386mg.

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

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Mild

👑 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

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Step 1, cooking until pork chops reach minimum internal temperature, 5-7 minutes per side.
- If using **sirloin steaks**, follow same instructions as chicken in step 1, cooking steaks reach minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

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



1

Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with **seasoning blend**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken breasts to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- *Don't worry if chicken turns dark brown.* Transfer chicken to a plate and tent with foil.
- While chicken cooks, cook succotash.



3

Prepare the Remoulade

- In a mixing bowl, combine **remoulade** and **hot sauce** (to taste). Set aside.



2

Cook the Succotash

- Stem, seed, remove ribs, and cut **red bell pepper** into ½" dice.
- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**. Add red bell pepper, **edamame**, **corn**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until lightly charred, 5-7 minutes.
- Remove from burner and stir in **butter**.



4

Finish the Dish

- Slice **chicken** if desired.
- Plate dish as pictured on front of card, topping chicken with **remoulade**, and garnishing **succotash** with **crispy onions**. Bon appétit!