

**In your box**

1 tsp. Cajun Seasoning
8 oz. Green Beans
1.9 oz. Remoulade Sauce
3 oz. Corn Kernels
8 oz. Chili Lime Rice

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
13 ½ oz. Organic Boneless Skinless Chicken Breasts
12 oz. Sirloin Steaks
12 oz. Salmon Fillets

You will need

Olive Oil, Salt, Pepper

Oven-Ready

Cajun Chicken

with rice and green beans



NUTRITION per serving—Calories: 642, Carbohydrates: 58g, Fat: 25g, Protein: 47g, Sodium: 1878mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time

25-35 min.

Cook Within

5 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!



1

Prepare the Ingredients

- Preheat oven to 400 degrees. Remove lid and label, if necessary. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Place **rice** in an even layer on one half of provided tray. Top evenly with **corn** and **green beans**. Top vegetables with **seasoning blend**.



2

Add Chicken

- Place **chicken** in empty half of tray. Drizzle with 1 tsp. **olive oil** and season with a pinch of **salt** and **pepper**.
- If using **steak** or **salmon**, follow same instructions.



3

Bake the Dish

- Bake uncovered in hot oven until **chicken** is browned and reaches a minimum internal temperature of 165 degrees, 20-25 minutes.
- If using **steak** or **salmon**, follow same instructions, baking until protein has reached a minimum internal temperature of 145 degrees, 20-25 minutes.
- Carefully remove from oven and top chicken with **remoulade sauce**. Bon appétit!