



#### In your box

- 2 fl. oz. Golden BBQ Sauce
- ¼ tsp. Red Pepper Flakes
- 2 oz. Sliced Red Onion
- 8 oz. Broccoli Florets
- 2 oz. Shredded Cheddar-Jack Cheese

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

#### You will need

- Olive Oil, Salt, Pepper



Oven-Ready

## Carolina BBQ Chicken

with cheesy broccoli

NUTRITION per serving—Calories: 453, Carbohydrates: 23g, Fat: 18g, Protein: 49g, Sodium: 1437mg.  
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

30-40 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Mild



### 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.
- Mix **broccoli**, **onions**, 1 tsp. **olive oil**, and ¼ tsp. **salt** in provided tray. Move to one side.



### Add Cheese and Chicken

- Top **vegetables** evenly with **cheese**.
- Place **chicken** in empty side of tray. Drizzle with 1 tsp. **olive oil** and season with a pinch of **salt** and **pepper**.



### Bake the Dish

- Bake uncovered in hot oven until **chicken** is golden brown and reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- Carefully remove from oven and top chicken with **BBQ sauce** and **red pepper flakes** (to taste). Bon appétit!