



#### In your box

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



Oven-Ready

## Carolina BBQ Chicken with Cheesy Broccoli

easy prep & pan included

Prep & Cook Time 30-40 min. | Difficulty Level Easy | Spice Level Mild



### Prepare the Ingredients

- Preheat oven to 400 degrees. Remove lid from tray, if necessary. When ingredient appears in recipe, remove from packaging.
- Mix **broccoli** and **onions** with 1 tsp. **olive oil** and ¼ tsp. **salt** in provided tray. Spread into an even layer.



### Add Cheese and Chicken




- Top vegetables evenly with **cheese**. Top with **chicken**. Drizzle chicken with 1 tsp. **olive oil**.



### 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!

NUTRITION per serving—Calories: 414, Carbohydrates: 23g, Fat: 14g, Protein: 49g, Sodium: 1001mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

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