



In your box

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

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Grass Fed Sirloin Steaks

*Contains: milk, wheat, soy

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 varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

30-40 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Mild



1

Prepare the Ingredients

- Preheat oven to 400 degrees. Remove lid from tray, if necessary. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Combine **broccoli**, **onions**, 1 tsp. **olive oil**, and ¼ tsp. **salt** in provided tray. Spread into an even layer on one side.



2

Add the Cheese and Chicken

- Top vegetables evenly with **cheese**. Place **chicken** in empty space and top with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**.
- *If using **steak**, follow same instructions.*



3

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.
- *If using **steak**, bake uncovered in hot oven until steak reaches a minimum internal temperature of 145 degrees, 25-30 minutes.*
- Carefully remove from oven and top chicken with **BBQ sauce** and **red pepper flakes** (to taste). Bon appétit!