



#### In your box

2 Tbsp. Italian Panko Blend  
3 oz. Roasted Red Peppers  
8 oz. Broccoli Florets  
½ tsp. Seasoned Salt Blend  
1 oz. Grated Parmesan  
1 ½ oz. Caesar Dressing

#### Customize It Options

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

\*Contains: milk, eggs, wheat, fish (anchovy)

#### You will need

Olive Oil, Salt



Oven-Ready

## Crispy Caesar Chicken

with roasted broccoli

NUTRITION per serving—Calories: 484, Carbohydrates: 13g, Fat: 24g, Protein: 48g, Sodium: 1556mg.

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

25-35 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

### Prepare the Ingredients

- Preheat oven to 425 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**, **roasted red peppers**, **seasoned salt**, 1 Tbsp. **olive oil**, and a pinch of **salt** in bottom of provided tray. Spread into an even layer on one half of tray.
- Place **chicken** in empty half of tray.
- *If using **steak**, follow same instructions.*



2

### Top the Chicken

- Top **chicken** evenly with **dressing** and **panko**, pressing gently to adhere. Sprinkle entire dish with **Parmesan**.
- *If using **steak**, follow same instructions.*



3

### Bake the Dish

- Bake uncovered in hot oven until **broccoli** is tender and **chicken** reaches a minimum internal temperature of 165 degrees, 20-25 minutes.
- *If using **steak**, bake uncovered in hot oven until broccoli is tender and steak reaches a minimum internal temperature of 145 degrees, 20-25 minutes.*
- Carefully remove from oven. Bon appétit!