



In your box

1 fl. oz. Golden BBQ Sauce
2 fl. oz. Buttermilk Ranch Dressing
½ oz. Baby Arugula
8 oz. Slaw Mix
2 oz. Smoked Gouda Slices
2 Pretzel Buns

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
14 oz. USDA Choice New York Strip Steak (Serves 2)

*Contains: milk, eggs, wheat, soy

You will need

Pepper, Cooking Spray

HOME CHEF
Fresh
AND EASY

Grill-Ready

Grilled Golden BBQ Chicken Sandwich with ranch slaw

NUTRITION per serving—Calories: 717, Carbohydrates: 54g, Fat: 30g, Protein: 57g, Sodium: 1742mg.

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

20-30 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



Prepare the Ingredients

- Spray grill with **cooking spray** and heat grill to medium heat.
- Mix **slaw mix** and **dressing** in bag slaw shipped in.
- Season **chicken** on both sides with a pinch of **pepper**.
- *If using NY strip steak, follow same instructions.*



Grill the Chicken and Buns

- Place **chicken** on hot grill. Grill until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- *If using NY strip steak, follow same instructions, grilling until steak reaches a minimum internal temperature of 145 degrees, 9-11 minutes per side.*
- Remove chicken from grill and top with **cheese**.
- Place **buns** on grill, cut side down, and toast, 30-60 seconds.



Finish the Dish

- Slather **top bun** with **BBQ sauce**.
- *If using NY strip steak, halve to serve.*
- Plate dish as pictured on front of card, placing **chicken** on bottom bun and topping with **arugula** and top bun. Bon appétit!

Indoor Instructions

- If cooking indoors, thoroughly rinse **arugula** and pat dry. Pat **chicken** dry, and season both sides with a pinch of **pepper**. Mix **slaw mix** and **dressing** in a mixing bowl. Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken breasts to hot pan, and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Remove chicken to a plate and wipe pan clean. Return pan to medium heat and add **buns** to hot pan, cut side down. Toast, 1-2 minutes. Follow same instructions for plating.