



In your box

2 Tbsp. Panko Breadcrumbs
12 oz. Broccoli Florets
3 fl. oz. Asian Sesame Dressing
1 fl. oz. Boom Boom Sauce
3 oz. Water Chestnuts

Customize It Options

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

*Contains: eggs, wheat, soy

You will need

Salt, Pepper



Oven-Ready

Panko-Crusted Boom Boom Chicken

with sesame broccoli

NUTRITION per serving—Calories: 547, Carbohydrates: 26g, Fat: 30g, Protein: 44g, Sodium: 1582mg.

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

Medium



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**, **water chestnuts**, **Asian sesame dressing**, and a pinch of **salt** and **pepper** in provided tray. Push to one side.



2

Add the Chicken

- Place **chicken** in empty side of tray and season with a pinch of **salt**, **sauce** (use less if spice-averse), and **panko**, pressing gently to adhere.
- 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, 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. Rest chicken 5 minutes before serving. Place chicken on extra **sauce** from tray when plating. Bon appétit!