



In your box

- 1 oz. Roasted Peanuts
- ½ tsp. Garlic Salt
- 2 oz. Satay Sauce
- 2 Garlic Cloves
- 1 Tbsp. Chopped Ginger
- ¼ tsp. Red Pepper Flakes
- 12 oz. Broccoli Florets

Customize It Options

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

*Contains: wheat, peanuts, fish (anchovy)

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Mixing Bowl, Baking Sheet



One-Sheet Peanut-Crusted Chicken

with garlic broccoli

NUTRITION per serving—Calories: 501, Carbohydrates: 24g, Fat: 25g, Protein: 48g, Sodium: 1669mg.

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

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Step 1. In Step 2, roast **broccoli**, 5 minutes. Add **steaks** to baking sheet, then roast until broccoli is tender and steaks reach minimum internal temperature, 12-16 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Cut **broccoli** into bite-size pieces.
- Coarsely crush **peanuts**.
- Thinly slice **garlic**.
- Pat **chicken breasts** dry and season both sides with a pinch of **salt and pepper**.



2

Prepare the Broccoli

- Place **broccoli** on prepared baking sheet and toss with 1 Tbsp. **olive oil, garlic salt, garlic, ginger,** and a pinch of **salt and pepper**. Massage oil and seasoning into broccoli.
- Spread into a single layer on one side.



3

Roast the Broccoli and Chicken

- Place **chicken** on empty half of baking sheet. Drizzle with 1 tsp. **olive oil**.
- Roast in hot oven until **broccoli** is tender and chicken reaches a minimum internal temperature of 165 degrees, 17-20 minutes.



4

Finish the Chicken

- Spread **satay sauce** evenly over roasted **chicken** and top with **peanuts**, pressing gently to adhere.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **broccoli** with **red pepper flakes** (to taste). Bon appétit!