



In your box

- 1 oz. Light Cream Cheese
- ¼ oz. Cilantro
- 1 oz. Crispy Fried Onions
- 2 oz. Shredded Cheddar Cheese
- 5 oz. Corn Kernels
- 1 Jalapeño Pepper
- 1 Zucchini
- 2 tsp. Buttermilk Dill Seasoning

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper
- Mixing Bowl, Large Non-Stick Pan, Medium Non-Stick Pan



Jalapeño-Popper Chicken

with corn and zucchini

NUTRITION per serving—Calories: 574, Carbohydrates: 28g, Fat: 30g, Protein: 50g, Sodium: 1580mg.
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

15 min.

Cook Within

4 days

Difficulty Level

Intermediate

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

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1 and 2, cooking until pork reaches minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

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



1

Start the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken breasts to hot pan and cook on one side until browned, 5-7 minutes.
- While chicken cooks on one side, prepare jalapeño popper spread.



3

Cook the Vegetables

- Trim **zucchini** ends, quarter, and cut into ½" dice.
- Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil**, zucchini, **corn**, and **seasoning blend** to hot pan.
- Stir occasionally until lightly browned and tender, 4-5 minutes.
- While vegetables cook, mince **cilantro**.



2

Make Spread and Finish Chicken

- Stem **jalapeño**, halve, seed, remove ribs, and mince. *Wash hands and cutting board after working with jalapeño.*
- In a mixing bowl, combine jalapeño, **cream cheese**, **cheddar cheese**, and a pinch of **salt** and **pepper**.
- Flip **chicken**, and top with jalapeño-cheese mixture. Cover, and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove from burner and top with **crispy onions**, pressing gently to adhere.
- While chicken cooks, cook vegetables.



4

Finish the Dish

- Plate dish as pictured on front of card, garnishing **chicken** and **vegetables** with **cilantro**. Bon appétit!