



In your box

4 oz. Grape Tomatoes
10 oz. Sliced Zucchini
2 oz. Grated Parmesan
2 Tbsp. Italian Panko Blend
1 ½ fl. oz. Parmesan Peppercorn Dressing
½ tsp. Seasoned Salt Blend
.48 oz. Parmesan Cheese Crisps

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
12 oz. Sirloin Steaks

*Contains: milk, eggs, wheat

You will need

Olive Oil



Oven-Ready

Tuscan Chicken with Roasted Grape Tomatoes

and crispy zucchini

NUTRITION per serving—Calories: 553, Carbohydrates: 14g, Fat: 31g, Protein: 55g, Sodium: 1634mg.

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 **tomatoes**, **zucchini**, 2 tsp. **olive oil**, and **seasoned salt** in provided tray. Push to one side and top with **panko** and half the **Parmesan** (reserve remaining for chicken).



2

Add the Chicken

- Add **chicken** to empty side of tray and top with remaining **Parmesan**.
- *If using **steak**, follow same instructions.*



3

Bake the Dish

- Bake uncovered in hot oven until **vegetables** are tender and **chicken** reaches a minimum internal temperature of 165 degrees, 20-25 minutes.
- *If using **steak**, bake uncovered in hot oven until vegetables are tender and steak reaches a minimum internal temperature of 145 degrees, 20-25 minutes.*
- Carefully remove from oven. Coarsely crush **Parmesan crisps**. Top chicken with **dressing** and crushed crisps. Bon appétit!