



In your box

- ½ tsp. Seasoned Salt Blend
- 8 oz. Broccoli Florets
- 2 Tbsp. Italian Panko Blend
- 1 ½ oz. Caesar Dressing
- 1 oz. Grated Parmesan
- 3 oz. Roasted Red Peppers
- 1 oz. Crispy Fried Onions

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat, fish (anchovy)

You will need

- Olive Oil, Salt



Oven-Ready

Crispy Caesar Chicken

with roasted broccoli

NUTRITION per serving—Calories: 561, Carbohydrates: 19g, Fat: 30g, Protein: 48g, Sodium: 1633mg.

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. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Combine **broccoli**, **roasted red peppers**, **seasoned salt**, 1 Tbsp. **olive oil**, and a pinch of **salt** in provided tray. Spread into an even layer on one half of tray.
- Place **chicken** in empty half of tray.
- *If using **pork chops**, follow same instructions.*



2

Top the Chicken

- Top **chicken** evenly with **dressing**, then **panko**, pressing gently to adhere. Sprinkle entire dish with **Parmesan**.
- *If using **pork chops**, 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, 20-25 minutes.
- *If using **pork chops**, bake uncovered in hot oven until broccoli is tender and pork chops reaches a minimum internal temperature of 145 degrees, 20-25 minutes.*
- Carefully remove from oven. Garnish with **crispy onions**. Bon appétit!