



#### In your box

- 1 tsp. Seasoned Salt Blend
- ¼ oz. Cilantro
- ½ oz. Seasoned Rice Vinegar
- 2 tsp. Chopped Ginger
- 1 oz. Frozen Mangoes
- 1 Shallot
- 1 Red Bell Pepper
- 2 Zucchini
- 2 Garlic Cloves

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Mahi-Mahi Fillets

\*Contains: none

#### You will need

- Olive Oil, Salt, Cooking Spray
- Baking Sheet, Mixing Bowl, Medium Non-Stick Pan, Large Non-Stick Pan



## Roasted Chicken and Mango Salsa

with garlic zucchini spears

NUTRITION per serving—Calories: 423, Carbohydrates: 21g, Fat: 19g, Protein: 41g, Sodium: 1569mg.

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

40-50 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

## 👑 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 the broiler
- Prepare a baking sheet with foil and cooking spray

### Customize It Instructions

- If using **mahi-mahi**, halve, pat dry, and season all over with **seasoned salt**. In Step 3, turn oven off. Follow same instructions as chicken, cooking on stove until mahi-mahi reaches desired doneness (medium-rare to well-done), 2-4 minutes per side for medium. *Consuming raw or undercooked mahi-mahi may increase your risk for food-borne illness. Do not roast in oven.*

Minimum Internal Temperature

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



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### Broil the Red Bell Pepper

- Stem, seed, remove ribs, and cut **red bell pepper** into four pieces.
- Place peppers, cut side down, on prepared baking sheet and drizzle with 2 tsp. **olive oil**.
- Broil under hot broiler until peppers are charred and tender, 10-14 minutes.
- Keep an eye on the broiler! Check vegetables halfway through cook time to avoid burning.
- Transfer peppers to a clean work surface and reserve baking sheet.
- While peppers broil, prepare ingredients.



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### Prepare the Ingredients

- Trim **zucchini** ends and halve lengthwise. Cut each half lengthwise into 3 pieces.
- Coarsely chop **cilantro** (no need to stem).
- Finely chop **mango**. *If mango is frozen, rinse under cold water before chopping.*
- Peel and mince **shallot**.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with **seasoned salt**.



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### Cook the Chicken

- After peppers have roasted, reduce oven temperature to 425 degrees.
- Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **chicken** to hot pan. Cook undisturbed until browned on one side, 4-5 minutes.
- Transfer chicken, seared side up, to baking sheet used to roast peppers. Wipe pan clean and reserve.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken roasts, cook zucchini.



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### Cook the Zucchini

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **zucchini** and a pinch of **salt** to hot pan and cook undisturbed, 8 minutes, stirring once halfway through.
- Add **garlic** and stir constantly until aromatic, 1-2 minutes.
- Remove from burner. Sprinkle with **cilantro**.



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### Make Salsa and Finish Dish

- Cut **roasted red bell pepper** into ¼" dice.
- Return pan used to cook chicken to medium-high heat. Add 2 tsp. **olive oil**, **shallot**, and a pinch of **salt** to hot pan. Stir occasionally until shallot is tender, 1-2 minutes.
- Remove from burner and stir in **vinegar**, red bell pepper, **mango**, and **ginger**.
- Plate dish as pictured on front of card, topping **chicken** with salsa. Bon appétit!