



In your box

- 1 ½ oz. BBQ Sauce
- 1 ½ oz. Buttermilk Ranch Dressing
- 2 oz. Shredded Cheddar Cheese
- 4 Mini Naan Flatbreads
- ½ oz. Baby Arugula
- 2 oz. Balsamic Onions

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 10 oz. Ground Beef
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat, soy

You will need

- Olive Oil, Pepper, Cooking Spray
- Baking Sheet, Medium Non-Stick Pan



Ready in 15

BBQ Chicken Flatbreads

with ranch dressing

NUTRITION per serving—Calories: 818, Carbohydrates: 66g, Fat: 37g, Protein: 50g, Sodium: 1836mg.

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

Easy

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 **ground beef**, follow same instructions as chicken in Step 1, breaking up meat until no pink remains and beef reaches a minimum internal temperature of 160 degrees, 4-6 minutes.
- If using **whole chicken breasts**, pat dry, and cut into 1" dice. Follow same instructions as diced chicken.

Minimum Internal Temperature

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



1

Cook the Chicken

- Pat **diced chicken** dry, and season all over with a pinch of **pepper**.
- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add diced chicken and **balsamic onions** to hot pan and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- While chicken cooks, par-bake flatbreads.



2

Par-Bake the Flatbreads

- Place **flatbreads** on prepared baking sheet, flat side up.
- Place baking sheet under hot broiler. Broil until beginning to brown around edges, 1-2 minutes.
- *Keep an eye on oven as flatbreads may burn easily under broiler.*



3

Assemble and Bake the Flatbreads

- Carefully, flip **flatbreads**. Top evenly with **BBQ sauce**, **chicken-onion mixture**, and **cheese**.
- Broil again until cheese is melted, 1-2 minutes.



4

Finish the Dish

- Plate dish as pictured on front of card, drizzling **ranch dressing** over **flatbreads** and garnishing with **arugula**. Bon appétit!