



#### In your box

- 2 Halved Ears of Corn
- 12 oz. Asparagus
- 1 oz. Smoky BBQ Sauce
- ½ oz. Peach Preserves
- 1 oz. Butter

#### 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

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray



Grill-Ready

## Grilled Peach BBQ Chicken

with corn and asparagus

NUTRITION per serving—Calories: 494, Carbohydrates: 31g, Fat: 23g, Protein: 43g, Sodium: 1290mg.  
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

20-30 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



### Prepare the Ingredients

- Spray grill with **cooking spray** and heat grill to medium. Thoroughly rinse any fresh produce and pat dry.
- Season **asparagus** with a pinch of **salt** and **pepper** and drizzle with 1 tsp. **olive oil**.
- Roll **corn** in a pinch of salt and pepper and 1 tsp. olive oil.
- Pat **chicken breasts** dry, and season both sides with  $\frac{1}{4}$  tsp. salt and a pinch of pepper. Drizzle with 1 tsp. olive oil.
- *If using sirloin steaks, follow same instructions.*



### Plate the Dish

- Plate dish as pictured on front of card, topping **chicken** with **peach preserves** and **BBQ sauce**. Place **butter** on **corn**. Bon appétit!



### Grill the Meal

- Place **asparagus** on hot grill and cook until tender, 13-15 minutes, turning occasionally.
- While asparagus grills, place **chicken** on hot grill and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- *If using sirloin steaks, cook until browned and steak reaches a minimum internal temperature of 145 degrees, 5-7 minutes per side.*
- While chicken grills, place **corn** on hot grill and cook until tender, 6-8 minutes, turning occasionally.

### Indoor Instructions

- If cooking indoors, preheat oven to 400 degrees. Thoroughly rinse any fresh produce and pat dry. Prepare a baking sheet with foil and **cooking spray**. Place **asparagus**, **corn**, 2 tsp. **olive oil**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper** on prepared baking sheet and toss to coat. Spread into a single layer and roast in hot oven until vegetables are tender, 10-12 minutes. While vegetables roast, pat **chicken** dry, and season both sides with  $\frac{1}{4}$  tsp. salt and a pinch of pepper. Place a medium non-stick pan over medium heat and add 2 tsp. olive oil. Add chicken to hot pan and cook until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Follow same instructions as grilling for plating.