



In your box

- 2 oz. Sour Cream
- 1 ½ fl. oz. Dijon Honey Mustard Dressing
- 12 oz. Broccoli Florets
- 4 Tbsp. Pretzel Breading
- 1 Tbsp. Cornstarch
- 2 Garlic Cloves
- 1 oz. Grated Parmesan

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Baking Sheet, 2 Mixing Bowls



Greatest Hits

One-Sheet Pretzel-Crusted Chicken

with roasted broccoli and honey mustard

NUTRITION per serving—Calories: 591, Carbohydrates: 26g, Fat: 31g, Protein: 50g, Sodium: 1690mg.

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

30-40 min.

Cook Within

5 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 oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic, Parmesan**



1 Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Mince **garlic**.
- In a mixing bowl, combine **cornstarch** and 2 tsp. **water**. Set aside.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



2 Prepare the Chicken

- In another mixing bowl, combine **pretzel breading** and 1 tsp. **olive oil**.
- Place **chicken breasts** on one half of prepared baking sheet. Brush or spoon one side with **cornstarch mixture** and top with pretzel breading-olive oil mixture, pressing gently to adhere.
- Lightly coat breaded chicken with **cooking spray**. Discard cornstarch-water mixture. Rinse bowl clean and reserve.



3 Add the Broccoli

- Add **broccoli** to empty half of baking sheet. Toss with half the **garlic** (reserve remaining for sauce), half the **Parmesan** (reserve remaining for topping), 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread broccoli into a single layer on its side.



4 Roast the Chicken and Broccoli

- Roast in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees and **broccoli** is tender, 17-20 minutes.
- Sprinkle roasted broccoli with remaining **Parmesan**.



5 Make Sauce and Finish Dish

- In another mixing bowl, combine **honey mustard**, **sour cream**, half the remaining **garlic**, and a pinch of **salt** and **pepper**. Taste, and add more garlic if desired.
- Plate dish as pictured on front of card, topping **chicken** with sauce. Bon appétit!