



### In your box

- ½ tsp. Seasoned Salt Blend
- 6 oz. Broccoli Florets
- 8 oz. Cubed Butternut Squash
- .42 oz. Mayonnaise
- 1 ½ fl. oz. Dijon Honey Mustard Dressing
- 3 Tbsp. Pretzel Breading

### Customize It Options

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

\*Contains: eggs, wheat

### You will need

Olive Oil, Salt, Pepper



Oven-Ready

## Pretzel-Crusted Honey Mustard Chicken

with butternut squash and broccoli

NUTRITION per serving—Calories: 482, Carbohydrates: 29g, Fat: 22g, Protein: 42g, Sodium: 1458mg.

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**, **butternut squash**, 2 tsp. **olive oil**, and **seasoned salt** in provided tray. Push to one side.
- *If using **pork chops**, bake vegetables in hot oven, 10 minutes.*



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### Add the Chicken

- Place **chicken** in empty half of tray. Top with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**.
- *If using **pork chops**, follow same instructions. Be careful! Tray will be hot!*



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### Bake the Dish

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- *If using **pork chops**, bake in hot oven until pork reaches a minimum internal temperature of 145 degrees, 15-20 minutes.*
- Carefully remove from oven. Top chicken evenly with **mayonnaise** and **pretzel breading**, pressing gently to adhere. Drizzle with **dressing**. Bon appétit!