



In your box

- 2 oz. Grated Parmesan
- 2 tsp. "Everything Bagel" Seasoning
- 12 oz. Trimmed Green Beans
- 2 oz. Light Cream Cheese
- ½ oz. Seasoned Croutons

Customize It Options

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

*Contains: milk, wheat, soy

You will need

- Olive Oil, Salt



Oven-Ready

Everything Bagel Chicken

with Parmesan green beans

NUTRITION per serving—Calories: 522, Carbohydrates: 19g, Fat: 26g, Protein: 55g, Sodium: 1525mg.

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



1

Prepare the Vegetables

- Preheat oven to 425 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Combine **green beans**, $\frac{1}{4}$ tsp. **salt**, and 1 Tbsp. **olive oil** in provided tray. Push to one side and top with **Parmesan**.
- *If using **pork chops**, spread green beans into a single layer and bake in hot oven, 10 minutes. Carefully remove from oven, push to one side, and top with Parmesan.*



2

Add the Chicken

- Pat **chicken** dry and place in empty side to tray.
- Top chicken evenly with **cream cheese** and **seasoning blend**.
- *If using **pork chops**, follow same instructions.*



3

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 uncovered in hot oven until pork chops reach a minimum internal temperature of 145 degrees, 15-20 minutes.*
- Carefully remove from oven. Crush **croutons**, then top **green beans** with crushed croutons. Bon appétit!