



Kansas City BBQ Chicken

breast of chicken with Kansas City BBQ sauce

H GF

What's in this kit!

CHICKEN 30 - 40 minutes
serves two



Chicken Breasts



BBQ Sauce



Mini Potatoes



Herbs



Asparagus

Catering Services



Start here

- preheat oven to 400°F
- wash and pat dry all produce
- * items that you will need to provide

What you'll need

- baking sheet, parchment paper
- oven proof dish
- pan for sautéing asparagus
- measuring cup / spoons

Butter / olive oil*	1 1/2 tbsp
Salt and pepper*	to taste
Chicken breasts	2 pc
Kansas City bbq sauce	4 oz
Mini potatoes	8 oz
Herbs	1 tbsp
Asparagus spears	6 oz

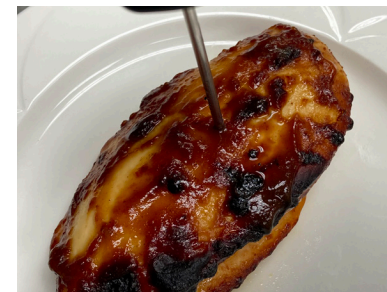
**if a thermometer is not available, test doneness of chicken at its thickest point with a knife to make sure the juices run clear



1. Lightly coat the potatoes with oil, salt, pepper, and herbs. Remove potatoes from bowl and place on oven proof dish and bake until tender for 18-25 minutes. Poke with fork in middle, should be tender with slight resistance.



2. Coat chicken with BBQ sauce in Prepped bowl. Place chicken on parchment lined baking sheet.



3. When potatoes are partially cooked, add chicken to the pan with the potatoes and continue baking for an additional 12-15 minutes to an internal temperature** of 165°F. Let rest out of oven.



4. In another pan on medium-high heat, start melting 1/2 of the butter. Add asparagus, sauté and add approximately 1 oz of water. Let the water steam out. Sauté until just a slight snap when bent.



5. Toss asparagus with the other 1/2 of the butter, salt and pepper for approximately 2 minutes. Turn off heat.

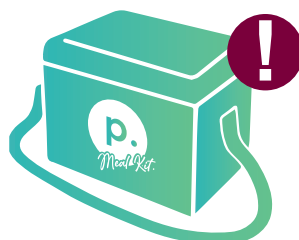


6. Place potatoes on plate lightly crush to prevent rolling, if desired. Add asparagus and chicken. Keep the asparagus ends under the chicken or potatoes for appearance.

Please refer to our Meal Kit website for the most accurate allergen information.



Ingredients are packed in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Save on your next meal kit!

By returning your Prepped branded meal kit bag you are helping to reduce waste and you will save \$5 on your future meal kit! All packaging materials are compostable & recyclable