



In your box

- 2 oz. Light Cream Cheese
- 8 oz. Precooked Rice Pilaf
- ½ oz. Crispy Fried Onions
- 4 oz. Coin Cut Carrots
- 1 oz. Lemon Garlic Herb Butter
- .28 oz. Lemon Juice
- 3 oz. Peas
- 1 oz. Shredded Parmesan Cheese

Customize It Options

- 8 oz. Shrimp
- 16 oz. Shrimp—Double Portion
- 12 oz. Diced Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

- Olive Oil



Oven-Ready

Garlic Shrimp Piccata

with lemon rice pilaf and peas

NUTRITION per serving—Calories: 585, Carbohydrates: 48g, Fat: 31g, Protein: 29g, Sodium: 1706mg.

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

3 days

Difficulty Level

Easy

Spice Level

Not Spicy



Start The Meal

- Preheat oven to 425 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Carefully massage **rice** in bag to break up any clumps. Combine rice, 2 Tbsp. **water**, **carrots**, **peas**, and 1 tsp. **olive oil** in provided tray.
- Spread into an even layer. Top with dollops of **cream cheese**. *Cream cheese will melt as meal bakes.*
- Bake uncovered in hot oven, 10 minutes.



Add the Shrimp

- Carefully remove from oven. Stir in **lemon juice** and **butter**.
- Pat **shrimp** dry. Top meal with shrimp.
- *If using 16 oz. shrimp or diced chicken, follow same instructions.*



Bake the Dish

- Bake again uncovered in hot oven until **shrimp** reaches a minimum internal temperature of 145 degrees, 15-17 minutes.
- *If using 16 oz. shrimp, follow same instructions. If using diced chicken, bake uncovered in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 20-25 minutes.*
- Carefully remove from oven. Stir meal to combine. Garnish with **Parmesan** and **crispy onions**. Bon appétit