



In your box

- 8 oz. Fully Cooked Shredded Chicken Breast
- 1 oz. Garlic & Herb Goat Cheese
- 4 oz. Alfredo Sauce
- 8 oz. Cooked Spaghetti
- .8 oz. Bacon Bits
- 3 oz. Peas

*Contains: milk, eggs, wheat

Minimum Internal Protein Temperature

| | | | | |
|-------------|-------------|------|---------------|---------|
| 145° | Steak | Pork | Lamb | Seafood |
| 160° | Ground Beef | | Ground Pork | |
| 165° | Chicken | | Ground Turkey | |

Fast & Fresh



Creamy Chicken Carbonara

no prep, quick cook

NUTRITION per serving—Calories: 544, Carbohydrates: 46g, Sugar: 4g, Fiber: 4g, Protein: 45g, Sodium: 832mg, Fat: 22g, Saturated Fat: 12g
 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 | Cook Within | Difficulty Level | Spice Level |
| 10-15 min. | 5 days | Easy | Not Spicy |

Before you cook

All cook times are approximate based on testing.



1. Cook the Meal

- *If using oven, preheat to 375 degrees. Thoroughly rinse any fresh produce and pat dry.*
- Combine **pasta, chicken, Alfredo sauce, peas, goat cheese** (crumbling with your hands if needed), and **bacon** in provided tray.
- Cover tray with a damp paper towel. Microwave until warmed through, 5-8 minutes. *If using oven, place on a baking sheet and bake uncovered in hot oven until the dish is heated through, 9-10 minutes.*
- Carefully remove tray from microwave. Bon appétit!