



In your box

- 2 oz. Light Cream Cheese
- 4 oz. Alfredo Sauce
- ½ tsp. Garlic Salt
- ½ oz. Grated Parmesan
- 4 oz. Broccoli Florets
- 8 oz. Cooked Fettuccine
- .28 oz. Lemon Juice
- 8 oz. Fully Cooked Shredded Chicken Breast

*Contains: milk, eggs, wheat

You will need

Salt, Pepper

Minimum Internal Protein Temperature

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

Fast & Fresh



Lemon Chicken Alfredo Fettuccine

with broccoli

NUTRITION per serving—Calories: 534, Carbohydrates: 45g, Sugar: 4g, Fiber: 3g, Protein: 43g, Sodium: 1442mg, 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

15-20 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.



1. Make the Meal

- *If using microwave:* Thoroughly rinse any fresh produce and pat dry. Break **broccoli** into small pieces with your hands. Combine **pasta**, 1/3 cup **water**, **Alfredo sauce**, **cream cheese**, **garlic salt**, broccoli, **shredded chicken**, ¼ tsp. **salt**, and a pinch of **pepper** in provided tray. Cover tray with a damp paper towel. Microwave until chicken is warmed through, 5-8 minutes. Carefully remove tray from microwave. Stir in **lemon juice** until combined. *If sauce is too thick, stir in 1 Tbsp. water.* Garnish with **Parmesan**. Bon appétit!
- *If using oven:* Preheat oven to 375 degrees. Thoroughly rinse any fresh produce and pat dry. Break **broccoli** into small pieces with your hands. Combine **pasta**, 1/3 cup **water**, **Alfredo sauce**, **cream cheese**, **garlic salt**, broccoli, **shredded chicken**, ¼ tsp. **salt**, and a pinch of **pepper** in provided tray. Cover with foil. Place tray on a baking sheet and bake covered in hot oven until chicken is heated through, 15-20 minutes. Carefully remove tray from oven. Stir in **lemon juice** until combined. *If sauce is too thick, stir in 1 Tbsp. water.* Garnish with **Parmesan**. Bon appétit!