



#### In your box

- 8 oz. Fully Cooked Pulled Chicken Breast
- 4 fl. oz. Cream Sauce Base
- ½ oz. Crispy Fried Onions
- ¼ tsp. Red Pepper Flakes
- 3 Tbsp. Roasted Red Pepper Pesto
- 8 oz. Cooked Penne Pasta
- ½ tsp. Garlic Salt
- 4 oz. Mixed Diced Peppers

\*Contains: milk, wheat

#### You will need

Salt

#### Minimum Internal Protein Temperature

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

Fast & Fresh



## Roasted Red Pepper Pesto and Chicken Penne Bake

with crispy onions

NUTRITION per serving—Calories: 569, Carbohydrates: 50g, Sugar: 5g, Fiber: 3g, Protein: 40g, Sodium: 1624mg, Fat: 24g, Saturated Fat: 10g  
 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

4 days

Difficulty Level

Easy

Spice Level

Mild

## Before you cook

All cook times are approximate based on testing.



### 1. Bake the Dish

- *If using microwave:* Thoroughly rinse any fresh produce and pat dry. Add **diced peppers** and 1 Tbsp. **water** to provided tray. Cover with a damp towel and microwave on high, 2 minutes. Carefully remove tray from microwave. Stir in **pasta**, **cream sauce**, **garlic salt**, ¼ cup **water**, and ¼ tsp. **salt**. Top with **chicken**. Cover again with a damp paper towel and microwave until heated through, 3-4 minutes. Carefully remove tray from microwave. Stir in **pesto**. Top with **crispy onions** and **red pepper flakes** (to taste). Bon appétit!
- *If using oven:* Preheat oven to 375 degrees. Thoroughly rinse any fresh produce and pat dry. Add **diced peppers** and 1 Tbsp. **water** to provided tray. Cover with foil and place on a baking sheet. Bake covered until beginning to get tender, 7-8 minutes. Carefully remove tray from oven. Stir in **pasta**, **cream sauce**, **garlic salt**, ¼ cup **water**, and ¼ tsp. **salt**. Top with **chicken**. Place tray on baking sheet again and bake uncovered until heated through, 15-17 minutes. Carefully remove tray from oven. Stir in **pesto**. Top with **crispy onions** and **red pepper flakes** (to taste). Bon appétit!