



In your box

- 4 oz. Broccoli Florets
- 2 oz. Shredded Cheddar Cheese
- 4 fl. oz. Cream Sauce Base
- 2 Tbsp. Cornstarch
- 8 oz. Cooked Ziti Pasta
- 2 Green Onions

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 12 oz. Extra Firm Tofu
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper
- Medium Non-Stick Pan, Mixing Bowl, Large Non-Stick Pan

Minimum Internal Protein Temperature

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

15 Minute Meal Kit



Crispy Chicken with Broccoli Cheddar Mac and Cheese

with green onions

NUTRITION per serving—Calories: 822, Carbohydrates: 51g, Sugar: 4g, Fiber: 4g, Protein: 51g, Sodium: 1471mg, Fat: 45g, Saturated Fat: 17g
 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 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **whole chicken breasts**, pat dry and cut into 1" dice. Follow same instructions as diced chicken.
- If using **shrimp**, follow same instructions as chicken in Step 1, cooking until shrimp reaches minimum internal temperature, 2-3 minutes per side.
- If using **tofu**, line a plate with a paper towel. Cut tofu into 1" dice and place on towel-lined plate. Top with paper towels, then press gently but firmly to remove excess moisture. Follow same instructions as chicken in Step 1, stirring occasionally until golden brown, 6-8 minutes.



1. Cook the Chicken

- Line a plate with a paper towel.
- Pat **diced chicken** dry, and season all over with ¼ tsp. **salt** and a pinch of **pepper**. Gently combine chicken and **cornstarch** in a mixing bowl until chicken is completely coated.
- Place a large non-stick pan over medium-high heat. Add 2 Tbsp. **olive oil** and chicken to hot pan. Stir occasionally until browned, crispy, and chicken reaches a minimum internal temperature of 165 degrees, 6-8 minutes.
- Remove chicken to towel-lined plate.
- While chicken cooks, cook vegetables.



2. Cook the Vegetables

- Cut **broccoli** into bite-sized pieces.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add broccoli and stir occasionally, 3 minutes.
- Add white portions of green onions and stir occasionally until broccoli is almost tender, 3-4 minutes.
- Remove broccoli and white portions of green onions to a plate. Keep pan over medium heat.



3. Make the Sauce

- Add **cream base**, **cheddar cheese**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Bring to a boil.
- Once boiling, stir until smooth, 2-3 minutes.
- Stir in **pasta** and cook until warmed through, 1-2 minutes.



4. Finish the Dish

- Stir **broccoli** into pasta.
- Remove from burner.
- Plate dish as pictured on front of card, topping **pasta** with **chicken** and **green portions of green onions**. Bon appétit!