



In your box

- 9 oz. Precooked 5-Cheese Tortellini
- 2 oz. Baby Spinach
- .42 oz. Mayonnaise
- 2 oz. Artichoke Hearts
- 2 Garlic Cloves
- 6 Chive Sprigs
- 2 oz. Shredded Parmesan Cheese
- 2 oz. Light Cream Cheese
- 1 Roma Tomato

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat

You will need

- Olive Oil, Pepper, Cooking Spray
- Medium Pot, Colander,
- Medium Non-Stick Pan, Baking Sheet

Minimum Internal Protein Temperature

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

Culinary Collection



Parmesan-Crusted Chicken Breast

with spinach and artichoke tortellini

NUTRITION per serving—Calories: 831, Carbohydrates: 60g, Sugar: 8g, Fiber: 7g, Protein: 65g, Sodium: 1659mg, Fat: 36g, Saturated Fat: 15g
 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

30-40 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Bring a medium pot of **water** to a boil
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **Parmesan**



Customize It Instructions

- If using **NY strip steak**, follow same instructions as chicken in Steps 1 and 2, searing 2-3 minutes per side, adding topping, then roasting until steak reaches minimum internal temperature, 9-11 minutes. Halve to serve.
- If using **ribeye**, follow same instructions as chicken in Steps 1 and 2, searing 2-3 minutes per side, adding topping, then roasting until steak reaches minimum internal temperature, 9-11 minutes. Halve to serve.

1. Prepare the Ingredients

- Drain and coarsely chop **artichokes**.
- Mince **chives**.
- Core **tomato** and cut into ½" dice.
- Mince **garlic**.
- Pat **chicken** dry.

2. Roast the Chicken

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **chicken** to hot pan and sear until browned, 2-3 minutes per side.
- Transfer chicken to prepared baking sheet. Top evenly with **mayonnaise** and half the **Parmesan** (reserve remaining for pasta). Reserve pan; no need to wipe clean.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken roasts, cook pasta.



3. Cook the Pasta

- Once water in medium pot is boiling, add **pasta** and cook until al dente, 4-5 minutes.
- Reserve ½ cup pasta cooking water. Drain pasta in a colander and set aside.



4. Start the Sauce

- Return pan used to cook chicken to medium heat and add 2 tsp. **olive oil**.
- Add **garlic** to hot pan and cook until fragrant, 30-60 seconds.
- Stir in **artichokes**, **tomato**, ½ cup **water**, **cream cheese**, and a pinch of **pepper**. Bring to a simmer.
- Once simmering, whisk or stir vigorously until creamy, 1-2 minutes.



5. Finish Sauce and Finish Dish

- Reduce heat to low. Stir in **pasta** until combined. *If too thick, add pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.*
- Add **spinach** and remaining **Parmesan**. Stir often until spinach wilts and cheese melts, 30-60 seconds.
- Remove from burner.
- Plate dish as pictured on front of card, garnishing pasta with **chives**. Bon appétit!