



### In your box

- 2 Garlic Cloves
- 1 Lemon
- 3 Thyme Sprigs
- 4 oz. Kale
- 4 oz. Grape Tomatoes
- 4 oz. Orzo Pasta
- 2 tsp. Chicken Broth Concentrate
- 2 oz. Grated Parmesan
- .3 oz. Butter

### Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Salmon Fillets
- 13½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.*

### You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Pot, Baking Sheet, Large Non-Stick Pan, Wire-Mesh Strainer

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

## Classic Meal Kit



# Lemon Thyme Chicken Orzo

with kale and grape tomatoes

NUTRITION per serving—Calories: 614, Carbohydrates: 55g, Sugar: 7g, Fiber: 6g, Protein: 56g, Sodium: 1531mg, Fat: 19g, Saturated Fat: 7g  
 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
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Bring a medium pot of **water** to a boil
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **thyme**

## Customize It Instructions

- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 3, searing, skin side up, 2-4 minutes, then transferring to baking sheet, skin-side down, and roasting until fish reaches minimum internal temperature, 7-10 minutes.
- If using **NY strip steak**, follow same instructions as chicken in Steps 1 and 3, searing until browned on one side, 2-3 minutes, then transferring to baking sheet, seared-side up, and roasting until steak reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes. Halve to serve.



### 1. Prepare the Ingredients

- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Stem and coarsely chop **thyme**.
- Stem and coarsely chop **kale**.
- Halve **tomatoes**.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



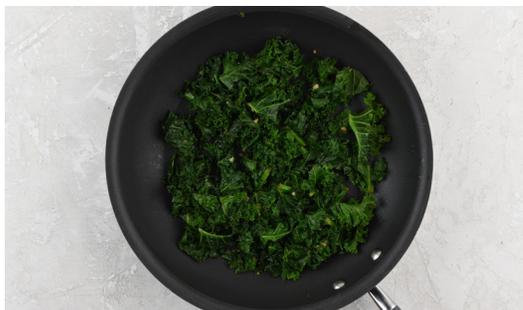
### 2. Start the Orzo

- Add **orzo** to boiling water and cook until al dente, 8-10 minutes.
- Reserve  $\frac{3}{4}$  cup **orzo cooking water**. Drain orzo in a wire-mesh strainer. Set aside.
- While orzo cooks, cook chicken.



### 3. Cook the Chicken

- Heat a large non-stick pan over medium heat and add  $\frac{1}{2}$  tsp. **olive oil**. Add **chicken** to hot pan and sear undisturbed until browned on one side, 4-5 minutes.
- Transfer chicken to prepared baking sheet, seared side up. Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Rest cooked chicken, 5 minutes. Reserve pan; no need to wipe clean.
- While chicken roasts, cook vegetables.



### 4. Cook the Vegetables

- Return pan used to sear chicken to medium heat. Add  $\frac{1}{2}$  tsp. **olive oil** and **garlic** to hot pan and cook until aromatic, 30 seconds.
- Add reserved **orzo cooking water**, **chicken base**, 1 tsp. **lemon juice**, and half the **thyme** (reserve remaining for garnish) and stir until incorporated. Increase heat to high.
- Bring to a boil. Once boiling, cook until liquid is reduced by half, 3-5 minutes.
- Stir in **kale** and cook until wilted, 2-3 minutes.



### 5. Finish Orzo and Finish Dish

- Reduce heat to medium. Stir in **orzo**, **tomatoes**, **cheese**, and **butter**. Season with a pinch of **salt** and **pepper**. Remove from burner.
- Plate dish as pictured on front of card, garnishing **chicken** with reserved **thyme** and  $\frac{1}{2}$  tsp. **lemon zest**. Squeeze **lemon wedges** over to taste. Bon appétit!