



In your box

- ½ tsp. Garlic Salt
- 1 Lemon
- 2 oz. Baby Spinach
- 1 oz. Shredded Parmesan Cheese
- 2 tsp. Mirepoix Broth Concentrate
- 8 oz. Cooked Fettuccine
- 2 oz. Light Cream Cheese
- 4 fl. oz. Cream Sauce Base

Customize It Options

- 8 oz. Shrimp
- 10 oz. USDA Choice Sliced Flank Steak
- 12 oz. Diced Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

Pepper

Minimum Internal Protein Temperature

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

Oven-Ready



Lemon Florentine Shrimp Alfredo

with spinach

NUTRITION per serving—Calories: 528, Carbohydrates: 49g, Sugar: 6g, Fiber: 3g, Protein: 31g, Sodium: 1837mg, Fat: 22g, Saturated Fat: 13g
 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

20-30 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

Customize It Instructions

- If using **diced chicken breasts**, follow same instructions as shrimp in steps 2 and 3, baking uncovered in hot oven until chicken reaches minimum internal temperature, 20-25 minutes.
- If using **flank steak**, separate into a single layer and pat dry. Follow same instructions as shrimp in Steps 2 and 3, baking uncovered in hot oven until no pink remains and steak reaches minimum internal temperature, 12-15 minutes. Rest, 3 minutes.



1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Combine **cream sauce base**, **mirepoix base**, **cream cheese**, 2 Tbsp. **water**, and **garlic salt** in provided tray. Cream cheese will melt as meal bakes.
- Stir in **pasta** until combined and coated.



2. Add the Shrimp

- Pat **shrimp** dry.
- Top **pasta and sauce** with **spinach**, then shrimp. Season with a pinch of **pepper**.



3. Bake the Dish

- Bake uncovered in hot oven until **shrimp** reaches a minimum internal temperature of 145 degrees, 20-22 minutes.
- While meal bakes, halve **lemon**.
- Carefully remove tray from oven. Squeeze one lemon half over meal (remaining is yours to do with as you please!) and add half the **Parmesan** (reserve remaining for garnish). Stir until creamy. Garnish with remaining Parmesan. Bon appétit!