



In your box

- 1 oz. Crispy Red Peppers
- 5 oz. Baby Spinach
- 1 oz. Crumbled Feta Cheese
- .6 oz. Butter
- 4 tsp. Chicken Demi-Glace Concentrate
- 1 Lemon
- 2 Dill Sprigs
- 6 oz. Orzo Pasta

Customize It Options

- 14 oz. Diced Chicken Thighs
- 8 oz. Shrimp
- 10 oz. USDA Choice Sliced Flank Steak
- 10 oz. Antibiotic-Free Ground Beef
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper
- Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Classic Meal Kit



One-Pan Greek-Style Chicken Thigh Orzo

with spinach and feta

NUTRITION per serving—Calories: 771, Carbohydrates: 81g, Sugar: 7g, Fiber: 7g, Protein: 56g, Sodium: 1601mg, Fat: 27g, Saturated Fat: 8g
 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

45-55 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

Customize It Instructions

- If using **whole chicken breasts**, pat dry and, on a separate cutting board, cut into 1" pieces. Follow same instructions as diced chicken thighs.
- If using **ground beef**, follow same instructions as chicken in Step 2, breaking up until no pink remains and beef reaches minimum internal temperature, 4-6 minutes.
- If using **flank steak**, separate into a single layer and pat dry. Follow same instructions as chicken in Step 2, stirring occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes.
- If using **shrimp**, pat dry. Follow same instructions as chicken in Step 2, cooking until opaque and shrimp reaches minimum internal temperature, 2-3 minutes per side.



1. Prepare the Ingredients

- Mince **dill**, leaves and stems.
- Zest **lemon**, halve, and juice.
- Pat **chicken thighs** dry, and season all over with ¼ tsp. **salt** and a pinch of **pepper**. *Don't worry about trimming. Excess fat will render while cooking and add flavor.*



2. Cook the Chicken

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **chicken** to hot pan and stir occasionally until chicken is lightly browned and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove chicken to a plate. Keep pan on burner and raise heat to medium-high.



3. Start the Orzo

- Add 2½ cups **water**, **chicken demi-glance**, 1 tsp. **lemon zest**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Bring to a boil.
- Once boiling, add **orzo**. Stir occasionally until tender and water is almost completely evaporated, 12-15 minutes.
- *If water evaporates before orzo is tender, add another ¼ cup water.*



4. Finish the Orzo

- Stir **chicken** and **spinach** into hot pan. Cook until spinach is wilted, 1-2 minutes.
- Remove from burner. Stir in 1 Tbsp. **lemon juice**, **butter**, ¼ tsp. **salt**, and ¼ tsp. **pepper** until melted and combined.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** and **orzo** with **feta**, **crispy red peppers**, and **dill**. Bon appétit!