



### In your box

- 2 oz. Baby Spinach
- 1 oz. Light Cream Cheese
- 2 oz. Marinara Sauce
- ½ tsp. Garlic Salt
- ½ oz. Grated Parmesan
- 12 oz. Broccoli Florets
- ¼ tsp. Red Pepper Flakes
- 2 Tbsp. Basil Pesto

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

### You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, Mixing Bowl

### 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



# Tomato Florentine Chicken

with basil pesto and Parmesan broccoli

NUTRITION per serving—Calories: 450, Carbohydrates: 17g, Sugar: 6g, Fiber: 5g, Protein: 49g, Sodium: 1694mg, Fat: 22g, Saturated Fat: 5g  
 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

**25-35 min.**

Cook Within

**5 days**

Difficulty Level

**Intermediate**

Spice Level

**Mild**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes.
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil and cooking spray



### 1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Coarsely chop **spinach**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



### 2. Roast the Broccoli

- Combine **broccoli**, 2 tsp. **olive oil**, and **garlic salt** in a mixing bowl. Transfer broccoli to prepared baking sheet. Reserve bowl; no need to wipe clean.
- Spread into a single layer and roast in hot oven until tender, 12-15 minutes.
- Remove roasted broccoli to reserved mixing bowl and stir in **basil pesto** until combined. Cover and set aside.
- While broccoli roasts, start chicken.

### Customize It Instructions

- If using **ribeye**, follow same instructions as chicken in Steps 1 and 3, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 3, cooking, skin side up first, until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side.



### 3. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **chicken breasts** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Remove chicken to a plate and tent with foil. Wipe pan clean and reserve.



### 4. Make the Sauce

- Return pan used to cook chicken to medium-high heat and add 1 tsp. **olive oil**.
- Add **spinach** to hot pan and stir occasionally until wilted, 1-2 minutes.
- Stir in ¼ cup **water**, **marinara**, and a pinch of **salt**. Bring to a simmer.
- Once simmering, stir in **cream cheese** until melted and sauce begins to thicken, 2-4 minutes.
- Remove from burner.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce** and **red pepper flakes** (to taste). Garnish **broccoli** with **cheese**. Bon appétit!