



### In your box

- .42 oz. Lemon Juice
- 1 Shallot
- ½ oz. Grated Parmesan
- 4 fl. oz. Cream Sauce Base
- 2 tsp. Chicken Broth Concentrate
- 6 oz. Orzo Pasta
- ½ tsp. Garlic Salt
- 1 Roma Tomato
- 5 oz. Baby Spinach

### Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 10 oz. USDA Choice Sliced Flank Steak
- 8 oz. Shrimp

\*Contains: milk, wheat

### You will need

- Olive Oil, Pepper
- Medium Non-Stick Pan, Medium Pot, Wire-Mesh Strainer

### Minimum Internal Protein Temperature

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

15 Minute Meal Kit



## Lemon Chicken and Spinach Orzo

with Parmesan

NUTRITION per serving—Calories: 741, Carbohydrates: 78g, Sugar: 9g, Fiber: 6g, Protein: 53g, Sodium: 1705mg, Fat: 25g, Saturated Fat: 10g  
 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

15 min.

Cook Within

4 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
- Bring 4 cups **water** to a boil in a medium pot

### 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 breasts.
- If using **shrimp**, follow same instructions as chicken in Step 2 cooking undisturbed until shrimp reaches minimum internal temperature, 2-3 minutes per side.
- If using **flank steak**, separate flank steak 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 **salmon fillets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 2, cooking, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side. Serve alongside orzo.



#### 1. Cook the Orzo

- Once **water** is boiling, add **orzo** and cook until al dente, 4-5 minutes.
- Drain orzo in a wire-mesh strainer and set aside.
- While orzo cooks, cook chicken.



#### 2. Cook the Chicken

- Pat **diced chicken** dry.
- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add diced chicken to hot pan. Stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- While chicken cooks, prepare ingredients.



#### 3. Prepare Ingredients and Start Sauce

- Core **tomato** and cut into ½" dice.
- Peel and halve **shallot**. Slice thinly.
- Stir shallot, tomato, and **spinach** (in batches, if necessary) into hot pan. Stir occasionally until wilted, 5-6 minutes.



#### 4. Finish Sauce and Finish Dish

- Stir **cream base**, **chicken broth concentrate**, and **lemon juice** into hot pan. Bring to a simmer.
- Once simmering, stir in **orzo** until heated through, 2-3 minutes.
- Remove from burner. Stir in **garlic salt**.
- Plate dish as pictured on front of card, garnishing with **Parmesan**. Bon appétit!