



In your box

- 4 oz. Broccoli Florets
- 8 oz. Cooked Cavatappi Pasta
- ½ tsp. Garlic Salt
- 3 oz. Light Cream Cheese
- ½ oz. Shredded Parmesan Cheese
- .8 oz. Truffle Butter
- 8 oz. Fully Cooked Pulled Chicken Breast

*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	

Fast & Fresh



Chicken and Truffle Cream Cavatappi

with broccoli and Parmesan

NUTRITION per serving—Calories: 552, Carbohydrates: 42g, Sugar: 4g, Fiber: 4g, Protein: 46g, Sodium: 1352mg, Fat: 22g, Saturated Fat: 12g
 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

15-20 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.



1. Make the Meal

- *If using microwave:* Thoroughly rinse any fresh produce and pat dry. Break **broccoli** into smaller pieces, if desired. Add broccoli and 2 Tbsp. **water** to provided tray. Cover with a damp paper towel and microwave until beginning to soften, 2-3 minutes. Carefully remove tray from microwave. Add **pasta, cream cheese, 3 Tbsp. water, and garlic salt** to tray. *Cream cheese will melt as meal bakes.* Top with **chicken** and a pinch of **pepper**. Cover again with a damp paper towel. Microwave again until heated through, 6-8 minutes. Carefully remove tray from microwave. Add **butter** and stir to combine. Garnish with **Parmesan**. Bon appétit!
- *If using oven:* Preheat oven to 375 degrees. Thoroughly rinse any fresh produce and pat dry. Break **broccoli** into smaller pieces, if desired. Add broccoli and 2 Tbsp. **water** to provided tray. Cover with foil. Place tray on baking sheet and bake in hot oven until broccoli begins to soften, 7-8 minutes. Carefully remove from oven. Remove foil. Add **pasta, cream cheese, 3 Tbsp. water, and garlic salt** to tray. *Cream cheese will melt as meal bakes.* Top with **chicken** and a pinch of **pepper**. Cover again with foil. Return tray to baking sheet and bake again in hot oven until heated through, 12-14 minutes. Carefully remove tray from oven. Add **butter** and stir to combine. Garnish with **Parmesan**. Bon appétit!