



### In your box

- 1 oz. Shredded Parmesan Cheese
- 4 Garlic Cloves
- 1 Lemon
- 5 oz. Spaghetti
- 4 oz. Light Cream
- .3 oz. Butter
- 6 Chive Sprigs
- 1 Ciabatta

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 10 oz. USDA Choice Sliced Flank Steak
- 8 oz. Shrimp
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

\*Contains: milk, wheat

### You will need

Olive Oil, Salt, Pepper, Cooking Spray

Large Pot, Baking Sheet, Colander, 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



# Chicken Scampi Spaghetti

with lemon and ciabatta croutons

NUTRITION per serving—Calories: 923, Carbohydrates: 83g, Sugar: 8g, Fiber: 4g, Protein: 56g, Sodium: 1660mg, Fat: 40g, Saturated Fat: 15g  
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

Not Spicy

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Bring a large pot of **water** to a boil
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **cheese**



## Customize It Instructions

- If using **shrimp**, follow same instructions as chicken in Steps 1 and 3, cooking until shrimp reach minimum internal temperature, 2-3 minutes per side. No need to slice.
- If using **flank steak**, separate into a single layer, pat dry, and season with ¼ tsp. **salt** and ¼ tsp. **pepper**. Follow same instructions as chicken in Step 3, stirring occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes.

### 1. Prepare the Ingredients

- Cut **ciabatta** into 1" dice.
- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Mince **chives**.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.

### 2. Cook Pasta and Make Croutons

- Once **water** is boiling, add **pasta** and cook until al dente, 8-10 minutes.
- Reserve ½ cup **pasta cooking water**. Drain pasta in a colander. Set aside.
- While pasta cooks, place **diced ciabatta** on prepared baking sheet and toss with 1 Tbsp. **olive oil**. Spread into a single layer and toast in hot oven until browned, 8-10 minutes.
- While ciabatta toasts, cook chicken.



### 3. Cook the Chicken

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **chicken** to hot pan and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Transfer chicken to a plate. Keep pan over medium-high heat.

### 4. Make the Sauce

- Add 2 tsp. **olive oil** and **garlic** to hot pan and stir constantly until aromatic, 30-60 seconds.
- Add **cream**, **butter**, and half the **pasta cooking water**. Bring to a boil.
- Once boiling, stir in **pasta**, ¼ tsp. **salt**, and ¼ tsp. **pepper** until heated through, 1-2 minutes.
- *If too dry, add remaining pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.* Remove from burner.
- Slice **chicken** into thin slices. Stir sliced chicken, **cheese** (reserve a pinch for garnish), 1 tsp. **lemon juice**, and a pinch of salt into pan.

### 5. Finish the Dish

- Stir **ciabatta croutons** into **pasta**.
- Plate dish as pictured on front of card, garnishing with 1 tsp. **lemon zest**, **chives**, and remaining **cheese**. Squeeze **lemon wedges** over pasta to taste. Bon appétit!