



In your box

- 2 oz. Baby Spinach
- 4 oz. Fire Roasted Diced Tomatoes in Juice
- 8 oz. Fully Cooked Seasoned Diced Chicken Breast
- 1 ½ tsp. Cornstarch
- 8 oz. Cooked Cavatappi Pasta
- 4 fl. oz. Cream Sauce Base
- 2 Tbsp. Basil Pesto

*Contains: milk, wheat

You will need

Salt, Pepper

Minimum Internal Protein Temperature

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

Fast & Fresh



Creamy Pesto Chicken Cavatappi

with spinach and roasted tomatoes

NUTRITION per serving—Calories: 492, Carbohydrates: 46g, Sugar: 5g, Fiber: 3g, Protein: 31g, Sodium: 1382mg, Fat: 20g, Saturated Fat: 9g
 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

20-30 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. Combine **cream sauce base** and **cornstarch** in provided tray, then layer as follows: **spinach** first, then **pasta, tomatoes, chicken**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Cover with a damp paper towel and microwave on high until heated through, 3-4 minutes. Carefully remove from microwave. Stir in **pesto** until combined. Bon appétit!
- *If using oven:* Preheat oven to 375 degrees. Thoroughly rinse any fresh produce and pat dry. Combine **cream sauce base** and **cornstarch** in provided tray, then layer as follows: **spinach** first, then **pasta, tomatoes, chicken**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Cover with foil and place on a baking sheet. Bake covered in hot oven until heated through, 25-30 minutes. Carefully remove from oven. Stir in **pesto** until combined. Bon appétit!