



Fast & Fresh



HOME CHEF

Chicken and Lemon Cream Penne with Parmesan

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.

In your box

- 8 oz. Fully Cooked Seasoned Diced Chicken Breast
- 4 oz. Grape Tomatoes
- 1 Lemon
- 2 Tbsp. Cornstarch
- 8 oz. Cooked Penne Pasta
- 2 oz. Baby Spinach
- 1 oz. Shredded Parmesan Cheese
- 4 fl. oz. Cream Sauce Base

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

Olive Oil, Salt

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

NUTRITION per serving—Calories: 580, Carbohydrates: 54g, Sugar: 8g, Fiber: 4g, Protein: 35g, Sodium: 1450mg, Fat: 24g, Saturated Fat: 11g

Prep & Cook Time
25-35 min.

Cook Within
7 days

Difficulty Level
Easy

Spice Level
Not Spicy

Microwave

- Thoroughly rinse any fresh produce and pat dry. Drain **chicken**, separate, and pat dry.
- Place **tomatoes** in provided tray and poke with a fork.
- Cover with a damp paper towel. Microwave, 2 minutes.
- Carefully remove from microwave. Stir in **cream base**, **cornstarch**, **pasta**, and 1/3 cup **water** until combined. Top with **spinach**, chicken, and ¼ tsp. **salt**.
- Cover with damp paper towel. Microwave until chicken is heated through, 2-3 minutes.
- Carefully remove from microwave. Halve **lemon**. Juice one half and cut other half into wedges. Stir in ¼ tsp. salt and 1 Tbsp. lemon juice. Taste, and add remaining lemon juice, 1 tsp. at a time, if desired.
- To serve, garnish with **cheese**. Squeeze lemon wedges over to taste. Bon appétit!

Oven

- Turn oven on to 375 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry. Drain **chicken**, separate, and pat dry.
- Place **tomatoes** in provided tray and poke with a fork. Top with 1 tsp. **olive oil** and ¼ tsp. **salt**.
- Place tray on a baking sheet. Bake uncovered in hot oven, 10 minutes.
- Carefully remove from oven. Gently press tomatoes until they release juices. Stir in **cornstarch**, **cream base**, **pasta**, and 1/3 cup **water** until combined. Top with **spinach**, chicken, ¼ tsp. salt, 1 tsp. **olive oil**, and a pinch of pepper.
- Place tray on a baking sheet. Bake again uncovered in hot oven until chicken is heated through and sauce is thickened, 12-15 minutes.
- Carefully remove tray from oven. Halve **lemon**. Juice one half and cut other half into wedges. Stir in ¼ tsp. salt and 1 Tbsp. lemon juice. Taste, and add remaining lemon juice, 1 tsp. at a time, if desired.
- To serve, garnish with **cheese**. Squeeze lemon wedges over to taste. Bon appétit!