



Fast & Fresh



HOME CHEF

## Creamy Lemon Pesto Chicken Penne with broccoli

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

- 4 fl. oz. Cream Sauce Base
- 4 oz. Broccoli Florets
- .28 oz. Lemon Juice
- ¼ oz. Flour
- 1 oz. Light Cream Cheese
- 1 oz. Shredded Parmesan Cheese
- 8 oz. Fully Cooked Pulled Chicken Breast
- ½ tsp. Garlic Salt
- 8 oz. Cooked Penne Pasta
- 2 Tbsp. Basil Pesto

### You will need

Salt, Pepper

#### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef	Ground Pork		
<b>165°</b>	Chicken	Ground Turkey		

Rest steak or pork after cooking, 3 minutes.

NUTRITION per serving—Calories: 625, Carbohydrates: 50g, Sugar: 6g, Fiber: 4g, Protein: 48g, Sodium: 1733mg, Fat: 27g, Saturated Fat: 13g

Prep & Cook Time  
**25-35 min.**

Cook Within  
**5 days**

Difficulty Level  
**Easy**

Spice Level  
**Not Spicy**

## Microwave

- Thoroughly rinse any fresh produce and pat dry. Break **broccoli** into bite-sized pieces, if desired. Add broccoli and 1 Tbsp. **water** to provided tray. Cover with a damp paper towel and microwave until slightly tender, 1-2 minutes. Carefully remove from microwave and stir **flour** into broccoli until no dry flour remains. Add **cream base**, **cream cheese**, ¼ cup water, **garlic salt**, and a pinch of **salt** and **pepper** and stir to combine. Stir in **pasta** and **chicken**. Cover with a damp paper towel and microwave again until heated through, 5-7 minutes. Carefully remove from microwave. Stir in **lemon juice** and **pesto** and garnish with **Parmesan**. Bon appétit!

## Oven

- Turn oven on to 375 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry. Break **broccoli** into bite-sized pieces, if desired. Add broccoli and 1 Tbsp. **water** to provided tray. Cover tray with foil and place on baking sheet. Bake in hot oven until slightly tender, 5-7 minutes. Carefully remove from oven and stir **flour** into broccoli until no dry flour remains. Add **cream base**, **cream cheese**, ¼ cup water, **garlic salt**, and a pinch of **salt** and **pepper** and stir to combine. Stir in **pasta** and **chicken**. Cover with foil and bake again on baking sheet until heated through, 14-16 minutes. Carefully remove from oven. Stir in **lemon juice** and **pesto**, and garnish with **Parmesan**. Bon appétit!