



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

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

You will need

Pepper

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: 630, Carbohydrates: 50g, Sugar: 6g, Fiber: 4g, Protein: 48g, Sodium: 1590mg, 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 broccoli is slightly tender, 1-2 minutes. Carefully remove tray from microwave. Stir in **flour** until no dry flour remains. Add **cream base**, **cream cheese**, $\frac{1}{4}$ cup water, **garlic salt**, and a pinch of **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 tray from microwave. To serve, 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 with foil and place on baking sheet. Bake covered in hot oven until broccoli is slightly tender, 5-7 minutes. Carefully remove tray from oven. Stir in **flour** until no dry flour remains. Add **cream base**, **cream cheese**, $\frac{1}{4}$ cup water, **garlic salt**, and a pinch of **pepper** and stir to combine. Stir in **pasta** and **chicken**. Cover with foil again and place tray on baking sheet. Bake covered in hot oven until heated through, 14-16 minutes. Carefully remove from oven. To serve, stir in **lemon juice** and **pesto**, and garnish with **Parmesan**. Bon appétit!