

NEW



Oven-Ready Plus

In your box

- 12 oz. Boneless Skinless Chicken Breasts
- 3 Thyme Sprigs
- 4 oz. Grape Tomatoes
- 1 Tbsp. Basil Pesto
- 1 fl. oz. Garlic Aioli
- 1 tsp. Lemon & Herb Seasoning
- 8 oz. Fully Cooked Orzo
- ½ oz. Feta Cheese Crumbles
- 4 oz. Sliced Zucchini
- 1 Lemon

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, Pepper, Cooking Spray
- Mixing Bowl

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.



Lemon and Herb Roasted Chicken

with pesto primavera orzo

NUTRITION per serving—Calories: 650, Carbohydrates: 47g, Sugar: 7g, Fiber: 5g, Protein: 43g, Sodium: 1510mg, Fat: 34g, Saturated Fat: 6g
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

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



1. Start the Chicken and Vegetables

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry. Spray provided tray with **cooking spray**.
- Stem and mince **thyme**.
- Pat **chicken** dry and season both sides with **seasoning blend**, half the thyme (reserve remaining for sauce), and a pinch of **salt** and **pepper**. Place chicken in one side of tray and drizzle with 1 tsp. **olive oil**. Prick **tomatoes** all over. Combine **zucchini** and tomatoes in empty side of tray. Top vegetables with 1 tsp. olive oil, ¼ tsp. **salt**, and a pinch of **pepper**.
- Bake uncovered in hot oven, 10 minutes.
- While chicken and vegetables bake, prepared aioli.



2. Make Aioli and Add Orzo

- Halve **lemon** and juice.
- In a mixing bowl, combine 2 tsp. **lemon juice**, **garlic aioli**, and remaining **thyme**.
- Remove tray from oven and carefully drain any excess liquid from tray. Add **orzo** to vegetables and gently stir to combine. *Tray will be hot! Use a utensil.*



3. Bake the Meal

- Bake again uncovered in hot oven until **vegetables** are tender and **chicken** reaches a minimum internal temperature of 165 degrees, 10-15 minutes.
- Carefully remove tray from oven. Remove chicken to a plate and top with **sauce**. Stir **pesto** into **orzo** until combined. Garnish orzo with **cheese**. Bon appétit!