

Tuscan Herb Chicken Rice Bowl

WITH SPINACH AND TOMATOES

Fast & Fresh



Prep & Cook Time

25-35 MIN

Cook Within

7 DAYS


Difficulty Level

EASY

Spice Level

MILD

Ingredients

- 1 oz. Feta Cheese Crumbles
- 4 oz. Grape Tomatoes
- 2 oz. Baby Spinach
- 8 oz. Precooked Rice Pilaf
- 8 oz. Fully Cooked Seasoned Diced Chicken Breast
-  .8 oz. Tuscan Herb Butter

You Will Need

Olive Oil, Salt, Pepper

View nutritional information at
www.homechef.com/21800

**Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.*

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

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

For food safety, heat to a minimum internal temperature of 165 degrees as measured by a thermometer.

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Microwave

- Thoroughly rinse any fresh produce and pat dry. Drain **chicken** and pat dry.
- Pierce **tomatoes** a few times each. Place in provided tray and top with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**.
- Cover tray with a damp paper towel. Microwave until tomato skins blister, 1-2 minutes.
- Carefully remove tray from microwave. Gently press tomatoes to release juices. Top tomatoes with **rice**, **spinach**, chicken, 1 tsp. olive oil, and a pinch of salt and pepper.
- Cover tray again with a damp paper towel. Microwave until spinach wilts and chicken is heated through, 2-3 minutes.
- Carefully remove tray from microwave. Stir in **butter** (to taste).
- To serve, garnish with **cheese**. 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** and pat dry.
- Pierce **tomatoes** a few times each. Place in provided tray and top with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**.
- Place tray on a baking sheet. Bake uncovered in hot oven until tomatoes burst, 12-14 minutes.
- Carefully remove tray from oven. Gently press tomatoes to release juices. Top tomatoes with **rice**, **spinach**, chicken, 1 tsp. olive oil, and a pinch of salt and pepper.
- Place tray on a baking sheet. Bake again uncovered in hot oven until spinach wilts and chicken is heated through, 10-12 minutes.
- Carefully remove tray from oven. Stir in **butter** (to taste).
- To serve, garnish with **cheese**. Bon appétit!