



#### In your box

- 1 Shallot
- 2 Garlic Cloves
- 1 Lemon
- 3 Thyme Sprigs
- 4 oz. Kale
- 4 oz. Grape Tomatoes
- 13 oz. Boneless Skinless Chicken Breasts
- 4 oz. Orzo Pasta
- 2 tsp. Chicken Base
- 2 oz. Grated Parmesan
- .3 oz. Butter



## Lemon Thyme Chicken Orzo

with kale and grape tomatoes

NUTRITION per serving—Calories: 643, Carbohydrates: 60g, Fat: 19g, Protein: 60g, Sodium: 1672mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
30-40 min.

Cook Within  
5 days

Difficulty Level ● ● □  
Intermediate

Spice Level □ □ □  
Not Spicy

## ① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Pot, Baking Sheet, Large Non-Stick Pan, Wire-Mesh Strainer

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Bring a medium pot of **water** to a boil
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **thyme**



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### Prepare the Ingredients

- Peel and mince **shallot**.
- Mince **garlic**.
- Zest and halve **lemon**. Quarter one half and juice the remaining half.
- Stem and coarsely chop **thyme**.
- Stem and coarsely chop **kale**.
- Halve **tomatoes**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



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### Cook the Chicken

- Heat a large non-stick pan over medium heat and add ½ tsp. **olive oil**. Add **chicken** to hot pan and sear undisturbed until browned, 4-5 minutes.
- Transfer chicken to prepared baking sheet, seared side up. Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Rest cooked chicken 5 minutes. Reserve pan; no need to wipe clean.
- While chicken roasts, start orzo.



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### Start the Orzo

- Add **orzo** to boiling water and cook until al dente, 8-10 minutes.
- Reserve ¾ cup **pasta cooking water**. Drain orzo in a wire-mesh strainer. Set aside.
- While orzo boils, cook vegetables.



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### Cook the Vegetables

- Return pan used to sear chicken to medium heat. Add ½ tsp. **olive oil** and **shallot** to hot pan and stir often until tender, 4-6 minutes.
- Add **garlic** and cook until aromatic, 30 seconds.
- Add reserved **pasta cooking water**, **chicken base**, 1 tsp. **lemon juice**, and half the **thyme** (reserve remaining for garnish) and stir until incorporated. Raise heat to high.
- Bring to a boil. Once boiling, cook until liquid is reduced by half, 3-5 minutes.
- Stir in **kale** and cook until wilted, 2-3 minutes.



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### Finish Orzo and Finish Dish

- Reduce heat to medium. Stir in **orzo**, **tomatoes**, **Parmesan**, and **butter**. Season with a pinch of **salt** and **pepper**. Remove from burner.
- Plate dish as pictured on front of card, garnishing **chicken** with reserved **thyme** and ½ tsp. **lemon zest**. Squeeze **lemon wedges** over to taste. Bon appétit!