BBQ-Rubbed Chicken and Cheddar Mac
with broccoli florets

NUTRITION per serving–
Calories: 644, Carbohydrates: 44g, Fat: 31g, Protein: 51g, Sodium: 1063mg.
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 | Easy | Spice Level | Not Spicy

In your box
- 3 oz. Elbow Macaroni
- 1 Shallot
- 3 oz. Broccoli Florets
- 12 oz. Boneless Skinless Chicken Breasts
- 2 tsp. BBQ Spice Rub
- 3 oz. Light Cream Cheese
- 2 oz. Shredded Cheddar Cheese

CONTAINS milk, eggs, wheat
Cook Pasta and Prepare Ingredients

- Once water is boiling, add pasta and cook until al dente, 8-9 minutes.
- Reserve 1 cup pasta cooking water. Drain pasta in a colander.
- Reserve pot; no need to wipe clean.
- While pasta cooks, peel and halve shallot. Slice thinly.
- Cut broccoli into bite-sized pieces, if necessary.
- Pat chicken breasts dry.

Finish the Cheddar Mac

- Return pot used to cook pasta to medium-high heat and add ⅓ the pasta cooking water. Bring to a boil.
- Once boiling, add cream cheese and stir until smooth.
- Remove from burner and stir in cheddar and ¼ tsp. salt until incorporated.
- Stir in pasta and shallot-broccoli mixture.
- For a thinner sauce, stir in remaining pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.

Cook the Shallot and Broccoli

- Return pan used to sear chicken to medium heat and add 1 tsp. olive oil. Add shallot to hot pan and stir occasionally until tender, 2-3 minutes.
- Add broccoli, 3 Tbsp. water, and a pinch of salt and cover. Stir occasionally until broccoli is tender, 3-5 minutes.
- If broccoli isn’t tender after 5 minutes, add 1 Tbsp. water and continue cooking, 1-2 minutes.
- Remove from burner.

Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!

Cook the Chicken

- Place a medium non-stick pan over medium-high heat and add 1 tsp. olive oil. Add chicken breasts to hot pan and sear undisturbed until browned, 2-3 minutes on one side.
- Transfer chicken to prepared baking sheet, seared side up, and sprinkle with seasoning rub. Roast until chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- Remove from oven and tent with foil.
- Reserve pan; no need to wipe clean.
- While chicken roasts, cook vegetables.

You will need

- Olive Oil, Salt, Cooking Spray
- Medium Pot, Baking Sheet, Colander, Medium Non-Stick Pan

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 450 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

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