



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



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

🕒 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



1

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.



2

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.



3

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.



4

Finish the Cheddar Mac

- Return pot used to cook pasta to medium-high heat and add $\frac{1}{3}$ 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 $\frac{1}{4}$ 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.*



5

Finish the Dish

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