



Prep & Cook Time 5-10 min. | Cook Within 5 days | Difficulty Level Easy | Spice Level Not Spicy



5 Minute Lunch

## Chicken & Apple Brown Rice Bowl

no cooking required

### In your box

- 8 oz. Cooked Brown Rice
- 1 Fuji Apple
- 6 oz. Roasted Chicken Breast
- ½ oz. Smoked Almonds
- 2 oz. Baby Arugula
- 3 oz. Blue Cheese Dressing

### Make the Grain Bowl

- Thoroughly rinse produce and pat dry.
- Core **apple** and thinly slice.
- *For best results, pierce brown rice bag a few times with a knife, then break up rice inside the bag. Mix **brown rice** with 1 Tbsp. **water** in a microwave safe bowl. Cover with a damp paper towel. Microwave until warm, 2 minutes, stirring once halfway through.*
- Microwave **roasted chicken** until warm, 1-2 minutes.
- Place brown rice, apple, roasted chicken, **almonds** and **arugula** in a bowl and toss with **dressing**. Bon appétit!

**NUTRITION** per serving Calories: 593, Carbohydrates: 61g, Fat: 30g, Protein: 25g, Sodium: 1019mg.

CONTAINS milk, eggs, soy, tree nuts (almonds)

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