



Prep & Cook Time **5-10 min.** | Cook Within **7 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



5 Minute Lunch

Chicken Amandine Brown Rice Bowl

no cooking required

In your box

8 oz. Cooked Brown Rice
6 oz. Roasted Chicken Breast
2 oz. Baby Arugula
1 oz. Blue Cheese
3 fl. oz. Honey Mustard Dressing
¾ oz. Smoked Almonds

Make the Salad

- Thoroughly rinse produce and pat dry.
- 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.
- Warm **chicken** in microwave, 1-2 minutes.
- Place rice, chicken, **arugula**, and **blue cheese** in a bowl and toss with **dressing**. Garnish with **almonds**. Bon appétit!

NUTRITION per serving Calories: 595, Carbohydrates: 55g, Fat: 31g, Protein: 27g, Sodium: 977mg.
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.