



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



5 MINUTE LUNCHES

Chicken and Sun-Dried Tomato Brown Rice Bowl

no cooking required

In your box

6 oz. Pre-Cooked Brown Rice
6 oz. Roasted Chicken Breast
2 oz. Baby Spinach
1 oz. Julienned Sun-Dried Tomatoes
3 fl. oz. Parmesan Peppercorn Dressing

Make the Grain Bowl

- Thoroughly rinse produce and pat dry.
- Stir 1 Tbsp. **water** into **brown rice** and add **roasted chicken**. Cover, and microwave until warmed through, 1-2 minutes.
- Place brown rice, roasted chicken, **spinach**, and **sun-dried tomatoes** in a bowl and toss with **dressing**. Bon appétit!

NUTRITION per serving Calories: 417, Carbohydrates: 26g, Fat: 28g, Protein: 24g, Sodium: 933mg
CONTAINS milk, eggs, soy

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