



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



5 Minute Lunch

Chicken Parmesan Grain Bowl

no cooking required

In your box

2 oz. Shredded Mozzarella
6 oz. Roasted Chicken Breast
2 oz. Baby Spinach
6 oz. Pre-Cooked Brown Rice
1 oz. Grated Parmesan
3 fl. oz. Marinara Sauce

Make the Grain Bowl

- Thoroughly rinse produce and pat dry.
- Combine **brown rice** and **chicken** and microwave until warm, 1-2 minutes.
- Toss brown rice and chicken with **marinara sauce**.
- Place brown rice and chicken on **spinach** and garnish with **mozzarella** and **Parmesan**. Bon appétit!

NUTRITION per serving Calories: 326, Carbohydrates: 27g,
Fat: 13g, Protein: 35g, Sodium: 1027mg.
CONTAINS milk

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