



Prep & Cook Time **5-10 min.** | Cook Within **5 days** | Difficulty Level **Easy** | Spice Level **Mild**



5 Minute Lunch

## Creamy Buffalo Chicken Dip Grain Bowl

no cooking required

### In your box

2 oz. Baby Spinach  
3 fl. oz. Buttermilk Ranch Dressing  
1 oz. Blue Cheese  
2 tsp. Frank's RedHot Sauce  
6 oz. Pre-Cooked Brown Rice  
6 oz. Roasted Chicken Breast

### Make the Grain Bowl

- Thoroughly rinse produce and pat dry.
- Warm **brown rice** in a microwave, 1-2 minutes.
- Heat **chicken** in a microwave, 1-2 minutes. Toss chicken with **hot sauce** (to taste) in a bowl.
- Combine brown rice, chicken, and **spinach** in a bowl and toss with **dressing**. Garnish with **blue cheese**. Bon appétit!

NUTRITION per serving Calories: 473, Carbohydrates: 41g,  
Fat: 26g, Protein: 25g, Sodium: 1172mg.  
CONTAINS milk, eggs

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