



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



5 Minute Lunch

## N'awlins Chicken and Brown Rice Bowl

no cooking required

### In your box

2 tsp. Cajun Seasoning  
3 oz. Thousand Island Dressing  
1 Romaine Heart  
6 oz. Pre-Cooked Brown Rice  
3 oz. Roasted Red Peppers  
6 oz. Roasted Chicken Breast

### Make The Bowl

- Thoroughly rinse produce and pat dry.
- Toss **chicken** and **rice** with **Cajun seasoning** and microwave until warm, 1-2 minutes.
- Chop or tear **romaine lettuce** and toss with **dressing**.
- Toss romaine, chicken, and rice together and top with **roasted red peppers**. Bon appétit!

NUTRITION per serving Calories: 435, Carbohydrates: 49g,  
Fat: 19g, Protein: 23g, Sodium: 953mg.  
CONTAINS eggs

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