



- In your box**
- ½ oz. Grated Parmesan
 - 4 oz. Alfredo Sauce
 - 4 oz. Peas
 - 12 oz. Diced Boneless Skinless Chicken Breasts
 - 1 tsp. Dried Oregano
 - 8 oz. Cooked Penne Pasta



Chicken Alfredo with oregano and peas

NUTRITION per serving—Calories: 604, Carbohydrates: 48g, Fat: 23g, Protein: 49g, Sodium: 1501mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutritional information may vary if you selected antibiotic-free chicken breast as your protein*

Prep & Cook Time
15 min.

Cook Within
4 days

Difficulty Level ● ● ● ● ●
Easy

Spice Level ● ● ● ● ●
Not Spicy

📌 You will need

Olive Oil, Salt, Pepper
Large Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ Thoroughly rinse produce and pat dry



1 Cook the Chicken

- Pat **diced chicken** dry, and season with ¼ tsp. **salt** and a pinch of **pepper**.
- *If using whole chicken breasts, cut into a 1" dice.*
- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add diced chicken to hot pan and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove chicken to a plate. Keep pan over medium-high heat.



3 Add the Sauce

- Add **sauce** and **cheese** to pan and stir until incorporated, 1-2 minutes.
- Remove from burner. Stir in **chicken** and season with a pinch of **salt** and **pepper**.



2 Warm the Pasta

- Add **peas**, **oregano**, and **pasta** to hot pan. Stir until combined and heated through, 1-2 minutes.



4 Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!