



#### In your box

- 2 oz. Grated Parmesan
- ¼ tsp. Red Pepper Flakes
- 4 fl. oz. Light Cream
- 4 oz. Grape Tomatoes
- 2 oz. Baby Spinach
- 5 oz. Penne Pasta
- 13 oz. Boneless Skinless Chicken Breasts



## Chicken Florentine Pasta

with grape tomatoes and baby spinach

NUTRITION per serving—Calories: 792, Carbohydrates: 63g, Fat: 34g, Protein: 59g, Sodium: 1359mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
20-30 min.

Cook Within  
5 days

Difficulty Level ● ◻ ◻ ◻  
Easy

Spice Level ● ◻ ◻ ◻  
Mild

## ① You will need

Olive Oil, Salt, Pepper

Medium Pot, Colander, 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!

- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **Parmesan**



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### Cook the Pasta

- Once **water** is boiling, add **pasta** and cook until al dente, 10-12 minutes.
- Reserve ¼ cup **pasta cooking water**. Drain pasta in a colander. Set aside.
- While pasta cooks, prepare ingredients.



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### Prepare the Ingredients

- Coarsely chop **spinach**.
- Halve **tomatoes**.
- Pat **chicken breasts** dry and, on a separate cutting board, cut into 1" dice. Season with a pinch of **salt** and **pepper**.



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### Cook the Chicken

- 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.
- Reserve pan; no need to wipe clean.



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### Cook the Vegetables

- Return pan used to cook chicken to medium-high heat and add 2 tsp. **olive oil**.
- Add **tomatoes** to hot pan and stir occasionally until lightly charred, 1-2 minutes.
- Add **spinach** and stir occasionally until wilted, 1-2 minutes.



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### Make Sauce and Finish Dish

- Add **cream** and reserved **pasta cooking water** to pan. Stir often until thickened, 1 minute.
- Stir in **Parmesan** (reserve a pinch for garnish) until incorporated. Stir in **chicken** and **pasta**. Remove from burner. Taste, and season with a pinch of **salt** and **pepper**, if desired.
- Plate dish as pictured on front of card, garnishing with reserved Parmesan and **red pepper flakes** (to taste). Bon appétit!