



#### In your box

- 1 oz. Grated Parmesan
- 5 oz. Baby Spinach
- 2 oz. Light Cream Cheese
- 4 fl. oz. Light Cream
- 6 oz. Artichoke Hearts
- 1 oz. Julienned Sun-Dried Tomatoes
- 2 Garlic Cloves
- ¼ tsp. Red Pepper Flakes
- 5 oz. Penne Pasta

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 10 oz. Antibiotic-Free Ground Beef
- 8 oz. Shrimp

#### You will need

- Olive Oil, Salt
- Medium Pot, Colander, Large Non-Stick Pan



## Creamy Spinach & Artichoke Penne Pasta

with sun-dried tomatoes

NUTRITION per serving—Calories: 593, Carbohydrates: 73g, Fat: 26g, Protein: 21g, Sodium: 1402mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time  
**20-30 min.**

Cook Within  
**7 days**

Difficulty Level  
**Intermediate**

Spice Level  
**Mild**

## 👑 Before you cook

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

- If using fresh produce, thoroughly rinse and pat dry
- Set cream cheese on counter to soften
- Bring 8 cups water and 2 tsp. salt to a boil in a medium pot
- Ingredient(s) used more than once: Parmesan

## Customize It Instructions

- Meat lovers! If using protein, cook in a large non-stick pan over medium-high heat before vegetables. Stir proteins and any accumulated juices into pasta in Step 4.
- If using **chicken**, pat dry and cut into 1" dice.. Season all over with ¼ tsp. salt and a pinch of pepper. Stir occasionally with 2 tsp. olive oil until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **ground beef**, combine with ¼ tsp. salt and a pinch of pepper. Stir occasionally, breaking up meat, until no pink remains, 4-6 minutes
- If using **shrimp**, pat dry. Cook shrimp undisturbed with 1 tsp. olive oil until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.

### Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

### Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 10-12 minutes.
- Reserve 1 cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, prepare ingredients.



2

### Prepare the Ingredients

- Thinly slice **garlic**.
- Mince **sun-dried tomatoes**.
- Coarsely chop **spinach**.
- Drain **artichokes**, rinse, and pat dry. Coarsely chop.



3

### Cook the Vegetables

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **garlic** to hot pan and cook until aromatic, 15-30 seconds.
- Add **spinach**, **artichokes**, ¼ tsp. **salt**, and **red pepper flakes** (to taste). Stir occasionally until spinach is wilted, 3-4 minutes.



4

### Make the Sauce

- Add **cream cheese** to pan and begin to melt, 30-60 seconds.
- Add **cream** and ¼ tsp. **salt** and bring to simmer. Stir often until incorporated, 30-60 seconds.
- Stir in ½ cup **pasta cooking water**, **Parmesan** (reserve a pinch for garnish), and **sun-dried tomatoes** until combined. Stir in **pasta** and bring to a boil. Cook until sauce is slightly thickened, 2-3 minutes.
- *If sauce is too thick, add additional pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.*



5

### Finish the Dish

- Plate dish as pictured on front of card, garnishing **pasta** with reserved **Parmesan**. Bon appétit!