



Prep & Cook Time 5-10 min. | Cook Within 5 days | Difficulty Level Easy | Spice Level Not Spicy



5 Minute Lunch

Chipotle Chicken Grain Bowl

no cooking required

In your box

8 oz. Pre-Cooked Brown Rice
6 oz. Roasted Chicken Breast
3 oz. Chipotle Ranch Dressing
1 Roma Tomato
2 oz. Guacamole
2 oz. Baby Spinach

Make the Grain Bowl

- Thoroughly rinse produce and pat dry.
- Core **tomato** and cut into ½" dice.
- *For best results, pierce brown rice bag a few times with a knife, then break up rice inside the bag.* Mix **brown rice** and **chicken** with 1 Tbsp. **water** in a microwave-safe bowl. Cover with a damp paper towel. Microwave until warm, 2 minutes, stirring once halfway through.
- Toss tomato, brown rice, chicken, and **spinach** with **dressing**. Top with **guacamole**. Bon appétit!

NUTRITION per serving Calories: 571, Carbohydrates: 50g, Fat: 33g, Protein: 25g, Sodium: 1087mg.

CONTAINS milk, eggs

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