



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



5 Minute Lunch

Chicken, Roasted Red Pepper and Goat Cheese Grain Bowl
no cooking required

In your box

6 oz. Roasted Chicken Breast
1 ½ oz. Balsamic Vinaigrette
1 oz. Goat Cheese
2 Tbsp. Roasted Red Pepper Pesto
½ oz. Baby Arugula
8 oz. Cooked Wheatberries

Make the Grain Bowl

- Thoroughly rinse produce and pat dry.
- Microwave **chicken** until warm, 1-2 minutes.
- Mix **wheatberries** with 1 Tbsp. **water** in a microwave safe bowl. Cover with a damp paper towel. Microwave until warm, 2 minutes, stirring once halfway through.
- Place chicken, wheatberries, **arugula**, and **pesto** in a bowl and toss with **vinaigrette**. Garnish with **goat cheese** (breaking up with your hands if needed). Bon appétit!

NUTRITION per serving Calories: 409, Carbohydrates: 51g, Fat: 15g, Protein: 26g, Sodium: 799mg.

CONTAINS milk, wheat

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