



In your box

- 4 oz. Alfredo Sauce
- 2 fl. oz. Sweet Vidalia Onion Dressing
- ¾ oz. Smoked Almonds
- 2 oz. Baby Arugula
- 1 Fuji Apple

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, eggs, soy, tree nuts (almonds)

You will need

- Olive Oil, Salt, Pepper
- Medium Non-Stick Pan, Mixing Bowl



Alfredo Chicken with arugula salad

NUTRITION per serving—Calories: 619, Carbohydrates: 28g, Fat: 36g, Protein: 43g, Sodium: 1300mg.

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

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Not Spicy

👑 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

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken, cooking until pork reaches minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

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



Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add chicken breasts to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to a plate and tent with foil. Wipe pan clean and reserve.
- While chicken cooks, prepare ingredients.



Make the Salad

- In a mixing bowl, combine **arugula**, **almonds**, **apple**, **dressing**, and a pinch of **salt**. Set aside.



Prepare the Ingredients

- Quarter **apple** and remove core. Thinly slice.
- Coarsely chop **almonds**.



Heat Sauce and Finish Dish

- Return pan used to cook chicken to medium heat. Add **Alfredo sauce** to hot pan and stir occasionally until warmed through, 30-60 seconds.
- *If sauce is too thick, add water, 1 Tbsp. at a time, until desired consistency is reached.*
- Remove from burner.
- Slice **chicken** into ½" pieces, if desired.
- Plate dish as pictured on front of card, topping chicken with sauce. Bon appétit!