



In your box

5 oz. Baby Spinach
¼ tsp. Red Pepper Flakes
1 oz. Shaved Parmesan
3 Tbsp. Basil Pesto
8 oz. Cooked Penne Pasta
4 fl. oz. Light Cream

Customize It Options

12 oz. Diced Boneless Skinless
Chicken Breasts
12 oz. Ground Turkey
8 oz. Shrimp
10 oz. Steak Strips

You will need

Olive Oil, Salt, Pepper
Large Non-Stick Pan



Chicken Pesto Penne

with shaved Parmesan

NUTRITION per serving—Calories: 661, Carbohydrates: 47g, Fat: 31g, Protein: 47g, Sodium: 1209mg.
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

15 min.

Cook Within

4 days

Difficulty Level

Easy

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

Customize It Instructions

- If using **ground turkey**, follow same instructions as chicken in Step 1 and stir occasionally, breaking into small pieces with a spoon, until no pink remains, 7-9 minutes
- If using **shrimp**, follow same instructions as chicken in Step 1, cooking undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes.
- If using **steak strips**, separate into a single layer and pat dry. Season all over with a pinch of salt and pepper. Follow same instructions as chicken in Step 1, stirring occasionally until no pink remains, 4-6 minutes.

Minimum Internal Temperature

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



Start the Chicken

- Pat **chicken** dry, and season all over with a pinch of **salt** and **pepper**.
- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add chicken to hot pan and stir occasionally until chicken browns and reaches minimum internal temperature, 5-7 minutes.



Make the Sauce

- Add half the **spinach** to hot pan and stir occasionally until just wilted, 1-2 minutes.
- Add remaining spinach and stir occasionally until wilted, 1-2 minutes.
- Stir in **cream**, **pesto**, and ¼ tsp. **salt**. Bring to a simmer.



Heat the Pasta

- Once simmering, add **pasta** and stir occasionally until sauce thickens to coat pasta, 2-3 minutes.



Finish the Dish

- Plate dish as pictured on front of card, garnishing **pasta** with **Parmesan** and **red pepper flakes** (to taste). Bon appétit!