



In your box

- ¼ tsp. Red Pepper Flakes
- 1 oz. Grated Parmesan
- ½ tsp. Garlic Salt
- 1 oz. Light Cream Cheese
- 4 oz. Light Cream
- 8 oz. Broccoli Florets
- 5 oz. Rigatoni
- 3 oz. Roasted Red Peppers
- ½ oz. Pecorino Cheese
- 4 Butter Crackers

Customize It Options

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

*Contains: milk, wheat, soy

You will need

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



Three Cheese Veggie Alfredo Rigatoni

with broccoli and roasted red peppers

NUTRITION per serving—Calories: 618, Carbohydrates: 71g, Fat: 30g, Protein: 20g, Sodium: 1337mg.

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

25-35 min.

Cook Within

7 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
- ☐ 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

- **Meatlovers!** If using protein, cook at the beginning of Step 3 before **broccoli**, in a large non-stick pan over medium heat. If using **steak strips**, separate into a single layer and pat dry. Season with ¼ tsp. **salt** and a pinch of **pepper**. Cook with 1 tsp. **olive oil**, stirring occasionally until no pink remains and steak reaches a minimum internal temperature of 145 degrees, 4-6 minutes. Cook with 1 tsp. olive oil until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes. Remove to a plate and continue with **broccoli**. If using **diced chicken**, pat dry and season with ¼ tsp. salt and a pinch of pepper. Cook with 1 tsp. olive oil, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes. Remove cooked proteins to a plate and continue with broccoli.

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, 11-13 minutes.
- Reserve ½ cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Crush **crackers**.
- In a mixing bowl, combine crackers and half the **Parmesan** (reserve remaining for sauce). Set aside.



3

Cook the Broccoli

- Place a large non-stick pan over medium heat and add 1 Tbsp. **olive oil**.
- Add **broccoli** and a pinch of **salt** and **pepper** to hot pan and stir occasionally until tender, 5-7 minutes.



4

Make the Sauce

- Add **cream**, ¼ cup **pasta cooking water**, **cream cheese**, **pecorino**, **garlic salt**, and remaining **Parmesan** to pan.
- Bring to a simmer. Once simmering, stir constantly until sauce thickens, 2-3 minutes.
- Add **roasted red peppers** and **pasta**. Stir until sauce coats pasta, 30-60 seconds.
- *If too thick, add remaining pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.*
- Remove from burner and add **red pepper flakes** (to taste).



5

Finish the Dish

- Plate dish as pictured on front of card, topping **pasta** with **Parmesan-cracker mixture**. Bon appétit!