



In your box

6 oz. Grape Tomatoes
.35 oz. White Rice Flour
5 oz. Peas
1 oz. Butter
2 tsp. Chimichurri Seasoning
2 oz. White Cooking Wine
6 oz. Artichoke Hearts

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
12 oz. Salmon Fillets
13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, fish (salmon)

You will need

Salt



Oven-Ready

Chicken Provencal

with grape tomatoes and artichoke hearts

NUTRITION per serving—Calories: 469, Carbohydrates: 33g, Fat: 16g, Protein: 45g, Sodium: 1521mg.

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

35-45 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

Prepare the Ingredients

- Preheat oven to 425 degrees. Remove lid and label, if necessary. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Combine **peas, tomatoes, artichokes and any liquid, rice flour, white cooking wine, 2 Tbsp. water, half the seasoning blend** (reserve remaining for chicken), and $\frac{1}{4}$ tsp. **salt**. Spread into a single layer.



2

Add the Chicken

- Top **vegetables** with **chicken**. Top chicken with remaining **seasoning blend**, a pinch of **salt**, and a **butter** pat each.
- *If using **salmon**, follow same instructions.*



3

Bake the Dish

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 28-32 minutes.
- *If using **salmon**, bake uncovered in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 20-22 minutes.*
- Carefully remove from oven. Remove chicken to a plate and stir **vegetables** to combine. Bon appétit!