



In your box

- 4 fl. oz. Marinara Sauce
- ¼ tsp. Red Pepper Flakes
- 2 oz. Ricotta
- 2 Tbsp. Basil Pesto
- ½ tsp. Garlic Salt
- ½ oz. Crispy Fried Onions
- 12 oz. Cubed Butternut Squash

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

- Olive Oil, Salt
- Mixing Bowl



Oven-Ready

Chicken with Pomodoro Sauce

with ricotta and butternut squash

NUTRITION per serving—Calories: 497, Carbohydrates: 33g, Fat: 22g, Protein: 43g, Sodium: 1736mg.

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

30-40 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Mild



1

Prepare the Ingredients

- Preheat oven to 400 degrees. Remove lid and label, if necessary. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Place **butternut squash** in one half of provided tray. Top with 1 Tbsp. **olive oil** and **garlic salt**.



2

Add the Chicken

- Place **chicken** in empty half of tray and top with $\frac{1}{4}$ tsp. **salt**, **marinara**, and **red pepper flakes** (use less if spice-averse).
- *If using **steak**, follow same instructions.*



3

Finish the Dish

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- *If using **steak**, bake uncovered until steak reaches a minimum internal temperature of 145 degrees, 22-27 minutes.*
- While meal bakes, combine **ricotta** and **pesto** in a mixing bowl.
- Carefully remove from oven. Top chicken with ricotta mixture and top **butternut squash** with **crispy onions**. Bon appétit!