



In your box

- 2 Tbsp. Italian Panko Blend
- 3 oz. Peas
- 1 oz. Grated Parmesan
- 4 oz. Alfredo Sauce
- 8 oz. Cooked Penne Pasta
- 1 tsp. Lemon Herb Seasoning

Customize It Options

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

*Contains: milk, eggs, wheat

You will need

- Olive Oil, Salt



Oven-Ready

Lemon Chicken

with penne Alfredo and peas

NUTRITION per serving—Calories: 674, Carbohydrates: 50g, Fat: 25g, Protein: 54g, Sodium: 1632mg.

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

Not Spicy



Prepare the Ingredients

- Preheat oven to 425 degrees. When ingredient appears in recipe, remove from packaging.
- Mix **pasta**, **peas**, **Alfredo sauce**, ¼ cup **water**, and a pinch of **salt** in provided tray.



Add the Chicken and Topping

- Place **chicken** on **pasta**. Top chicken evenly with **seasoning blend**, **Parmesan**, and **panko**, pressing gently to adhere.
- Drizzle each chicken breast with 1 tsp. **olive oil**.
- *If using **salmon**, place on pasta skin side down and follow same instructions.*



Bake the Dish

- Bake uncovered in hot oven until **chicken** is browned and reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- *If using **salmon**, bake uncovered in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 16-20 minutes.*
- Carefully, remove from oven. Rest dish before serving, 3 minutes. Bon appétit!