



In your box

¼ tsp. Red Pepper Flakes
1 oz. Grated Parmesan
4 oz. Grape Tomatoes
5 oz. Penne Pasta
4 oz. Light Cream
2 Garlic Cloves
2 oz. Baby Spinach

Customize It Options

12 oz. Diced Boneless Skinless
Chicken Breasts
8 oz. Shrimp
13 ½ oz. Organic Boneless Skinless
Chicken Breasts

*Contains: milk, wheat

You will need

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



Chicken Florentine Pasta

with grape tomatoes and baby spinach

NUTRITION per serving—Calories: 725, Carbohydrates: 65g, Fat: 30g, Protein: 51g, Sodium: 1245mg.
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

20-30 min.

Cook Within

5 days

Difficulty Level

Intermediate

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

Customize It Instructions

- If using **whole chicken breasts**, pat dry and, on a separate cutting board, cut into 1" dice. Follow same instruction as diced chicken in Step 3.
- If using **shrimp**, follow same instructions as chicken in Steps 2 and 3, cooking undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes.
- If cooking **without a protein**, omit end of Step 2 and entire Step 3. To start Step 4, place a large non-stick pan over medium-high heat.

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, 10-12 minutes.
- Reserve ¼ cup **pasta cooking water**. Drain pasta in a colander. Set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Coarsely chop **spinach**.
- Halve **tomatoes**.
- Mince **garlic**.
- Pat **diced chicken** dry, and season all over with a pinch of **salt** and **pepper**.



3

Cook the Chicken

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **diced chicken** to hot pan and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove chicken to a plate. Keep pan over medium-high heat.



4

Cook the Vegetables

- Add 2 tsp. **olive oil** and **tomatoes** to hot pan and stir occasionally until lightly charred, 1-2 minutes.
- Add **spinach** and **garlic** and stir occasionally until spinach is just wilted, 1-2 minutes.



5

Make Sauce and Finish Dish

- Add **cream** and reserved **pasta cooking water** to pan. Stir often until thickened, 1-2 minutes.
- Stir in **Parmesan** until incorporated. Stir in **chicken, pasta**, ¼ tsp. **salt**, and a pinch of **pepper**. Remove from burner.
- Plate dish as pictured on front of card, garnishing with **red pepper flakes** (to taste). Bon appétit!