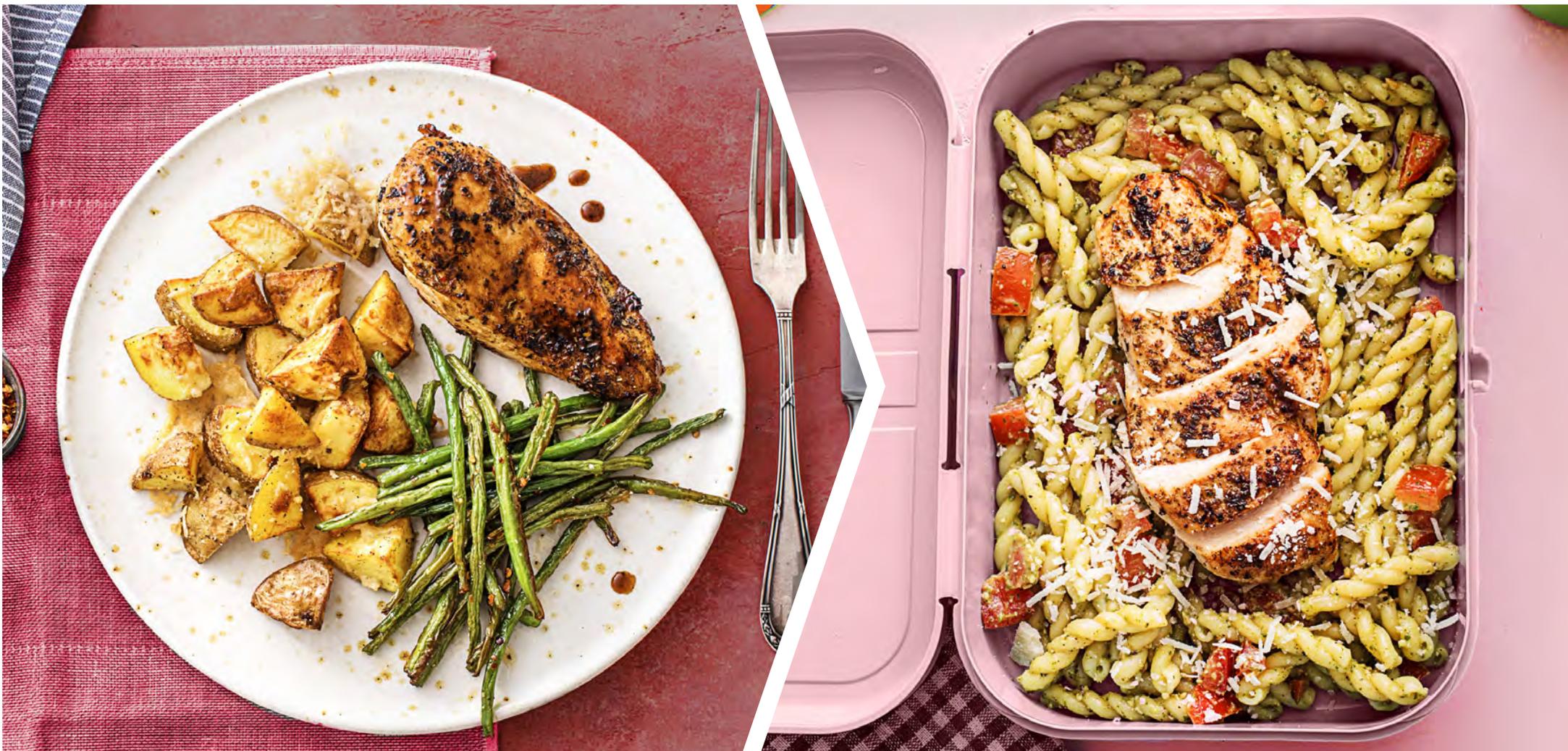




# BALSAMIC CHICKEN - DINNER

# CHICKEN PESTO PASTA - LUNCH



**COOK IT ONCE, EAT IT TWICE**

Tonight's dinner extras transform into tomorrow's lunch.

<b>DINNER</b>	<b>TOTAL: 45 MIN</b>	<b>CALORIES: 570</b>
<b>LUNCH</b>	<b>TOTAL: 5 MIN</b>	<b>CALORIES: 730</b>

**INGREDIENTS FOR: 2-person | 4-person**

- |   |   |   |  |   |   |
|---|---|---|--|---|---|
| <br>Yukon Gold Potatoes<br>12 oz   24 oz | <br>Chicken Breasts<br>24 oz   36 oz     | <br>Parmesan Cheese<br>½ Cup   1 Cup<br>(Contains: Milk) | <br>Gemelli Pasta<br>6 oz   6 oz<br>(Contains: Wheat) | <br>Chicken Stock Concentrate<br>1   2 | <br>Pesto<br>2 oz   2 oz<br>(Contains: Milk) |
| <br>Roma Tomato<br>1   1                 | <br>Tuscan Heat Spice<br>1 TBSP   2 TBSP | <br>Green Beans<br>6 oz   12 oz                          | <br>Chili Flakes<br>1 tsp   1 tsp                     | <br>Balsamic Glaze<br>5 tsp   10 tsp   |   |

**BUST OUT** • Large pot • Baking sheet • Paper towel • Large pan • Strainer  
• 2 Reusable containers • Olive oil (5 tsp | 10 tsp) • Butter (1 TBSP | 2 TBSP) (Contains: Milk)

**DINNER****1 PREP AND ROAST POTATOES**

**Wash and dry all produce.** Adjust rack to middle position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. Halve and dice **tomato**. Halve **potatoes**, then cut into 1-inch pieces and toss on a baking sheet with a large drizzle of **olive oil**, **salt**, and **pepper**. Roast in oven until just tender and a light golden color, about 15 minutes.

**2 COOK CHICKEN**

Meanwhile, pat **chicken** dry with a paper towel. Season all over with **salt**, **pepper**, and **Tuscan heat spice**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add chicken and cook until browned on surface and no longer pink in center, 5-6 minutes per side. Transfer to a plate and set aside.

**3 ADD GREEN BEANS**

Once **potatoes** have roasted 15 minutes, remove from oven. Toss on sheet with half the **Parmesan** and push toward one side of sheet. Place **green beans** on other side of sheet, toss with a drizzle **olive oil**, and season with **salt** and a pinch of **chili flakes** (use more if you like it spicy). Return to oven and roast until potatoes are very crisp and green beans are tender and lightly browned, about 10 minutes.

**4 BOIL PASTA AND MAKE SAUCE**

Once water boils, add **gemelli** to pot. Cook until al dente, 10-12 minutes. Reserve  $\frac{1}{4}$  **cup pasta cooking water** (save it for step 6), then drain gemelli and return to empty pot. Meanwhile, reduce heat under pan used for chicken to medium low and pour in **balsamic glaze**, **stock concentrate**, and  $\frac{1}{3}$  **cup plain water**. Simmer until thickened, 3-4 minutes. Remove from heat and stir in **1 TBSP butter**.

**5 FINISH AND SERVE DINNER**

Add **2 chicken breasts** to pan and flip to coat in **sauce**. Divide **potatoes** and **green beans** between plates. Place a sauce-coated chicken breast on each plate, then drizzle with remaining sauce in pan and serve (save the remaining ingredients for lunch).

**LUNCH****6 PACK LUNCH FOR TWO**

When ready to prep lunch, add **pesto** and **pasta cooking water** to pot with **gemelli** and toss to coat. Stir in **tomato**. Season with **salt** and **pepper**. (**TIP:** Add chili flakes to taste for heat.) Divide mixture between two reusable containers. Slice remaining **chicken** and arrange on top of pasta. Sprinkle with remaining **Parmesan**. Keep refrigerated. Heat in a microwave on high for about 2 minutes before eating.