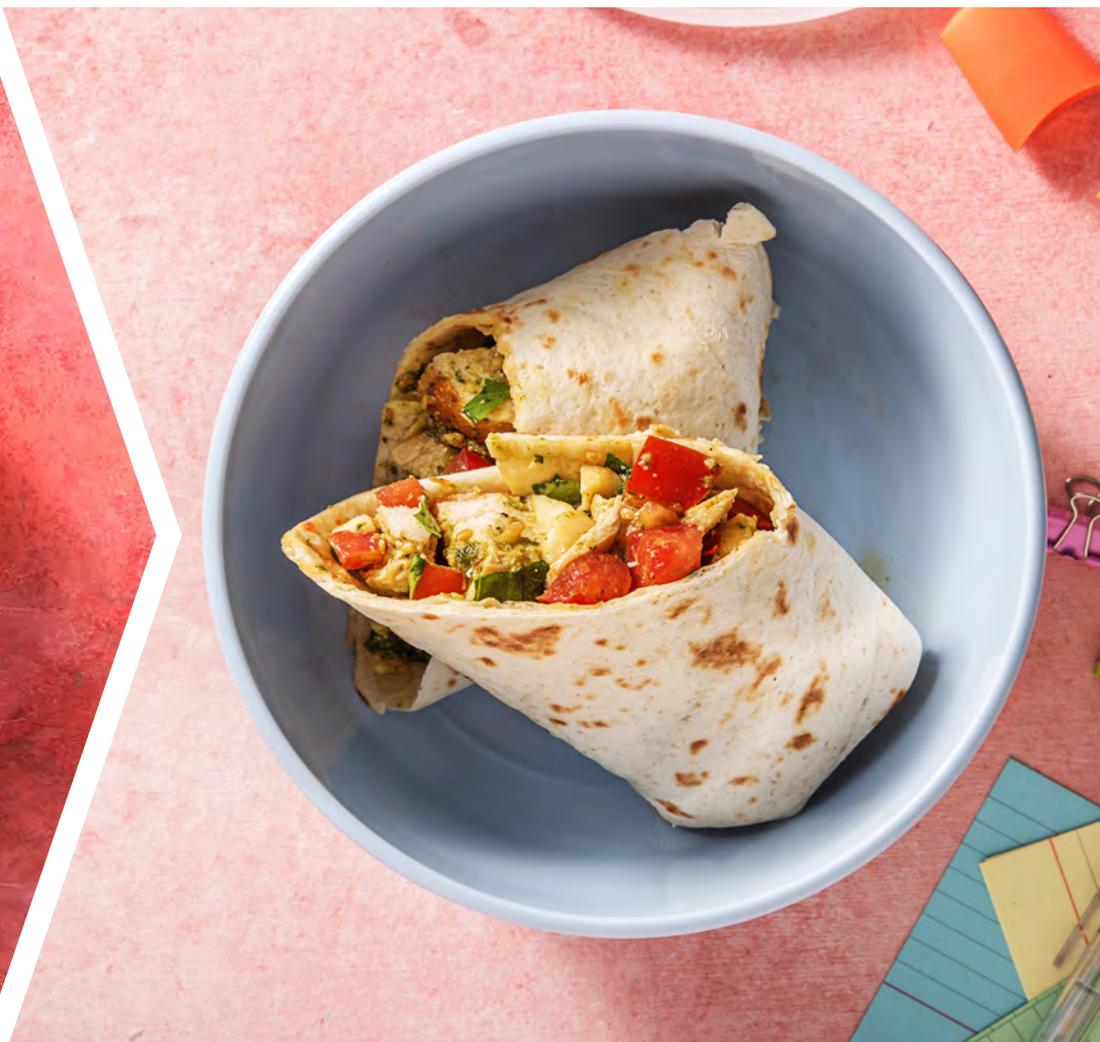




CHICKEN PESTO PASTA - DINNER

CHICKEN CAPRESE WRAP - LUNCH



COOK IT ONCE, EAT IT TWICE

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

DINNER | TOTAL: 40 MIN | CALORIES: 970

LUNCH | TOTAL: 5 MIN | CALORIES: 620

INGREDIENTS FOR: 2-person | 4-person



Chicken Breasts
24 oz | 36 oz



Gemelli Pasta
6 oz | 12 oz
(Contains: Wheat)



Fresh Mozzarella
4 oz | 4 oz
(Contains: Milk)



Red Wine Vinegar
5 tsp | 10 tsp



Chicken Stock Concentrate
1 | 2



Flour Tortillas
2 | 2
(Contains: Wheat)



Tuscan Heat Spice
1 TBSP | 2 TBSP



Basil
½ oz | 1 oz



Roma Tomatoes
2 | 4



Pesto
2 oz | 4 oz
(Contains: Milk)

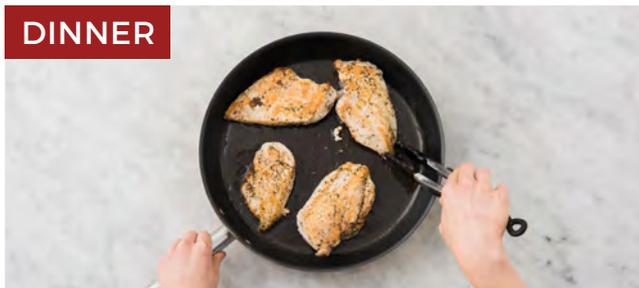


Parmesan Cheese
¼ Cup | ½ Cup
(Contains: Milk)

BUST OUT

- Medium pot
- Large pan
- Paper towel
- Strainer
- 2 Plastic containers
- Vegetable oil (2 tsp | 4 tsp)
- Sugar (1 tsp | 2 tsp)
- Butter (4 TBSP | 8 TBSP) (Contains: Milk)

DINNER



1 COOK CHICKEN

Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Heat a drizzle of **oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel and season all over with **salt, pepper,** and **2 tsp Tuscan heat spice** (save the rest for step 4). Add to pan and cook until no longer pink in center, 5-8 minutes per side. (**TIP:** Lower heat to medium if surface starts to blacken before meat is cooked through.) Remove chicken from pan; set aside to rest.



4 MAKE TOMATO SAUCE

Heat a drizzle of **oil** in pan used for chicken over medium heat. Add **1 tsp sugar** and remaining **tomato, Tuscan heat spice,** and **vinegar** to pan. Cook until vinegar and any juices have thickened slightly, 1-2 minutes. Stir in **stock concentrate** and **3 TBSP water.** Bring to a simmer, then remove pan from heat. Stir in **2 TBSP butter.** Season with **salt** and **pepper.**



2 COOK PASTA AND PREP DINNER

Once water boils, add **gemelli** to pot. Cook, stirring occasionally, until al dente, 10-12 minutes. While gemelli cooks, pick half the **basil** from stems (leave the remainder on the stem and save for lunch). Roughly chop picked leaves or tear into smaller pieces with your hands. Once gemelli is done, scoop out and reserve **¼ cup pasta cooking water,** then drain. (**TIP:** Don't put away the pot just yet; we'll use it later.)



5 FINISH PASTA AND SERVE DINNER

Return **drained gemelli** to same pot and place over low heat. Stir in **2 TBSP butter, remaining pesto,** and a splash of reserved **pasta cooking water.** (**TIP:** If pasta seems dry, add more water as needed.) Season with plenty of **salt** and **pepper.** Divide remaining **chicken breasts** between plates and spoon **tomato sauce** over top. Add pasta to the side and sprinkle with **Parmesan.** Garnish with **chopped basil** and serve.



3 TOSS SALAD

Cut **mozzarella** and **tomatoes** into ½-inch pieces. Place half the tomatoes and all of the mozzarella in a reusable container. Add **2 tsp vinegar** and **2 tsp pesto** (we'll use more vinegar and pesto later). Once **chicken** is cool enough to touch, cut half (2 breasts) into bite-sized pieces. Add cut chicken to container, toss to combine, and keep refrigerated until you're ready to prep lunch in the morning.

LUNCH



6 MAKE LUNCH WRAPS FOR TWO

The next morning, pick remaining **basil leaves** from stems. Tear leaves into smaller pieces and toss into reserved **chicken salad** in container. Fill **tortillas** with chicken salad, roll into wraps, pack, and refrigerate before enjoying cold or at room temperature. (**TIP:** The wrap may not hold together if left for too long. If you've got a little while before you eat, divide the chicken salad between two containers, pack each with a tortilla, and wrap before enjoying.)