



BALSAMIC CHICKEN - DINNER

CHICKEN PESTO PASTA - LUNCH













COOK IT ONCE, EAT IT TWICE

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

DINNER	TOTAL: 45 MIN	CALORIES: 570
LUNCH	TOTAL: 5 MIN	CALORIES: 730

INGREDIENTS FOR: 2-person | 4-person

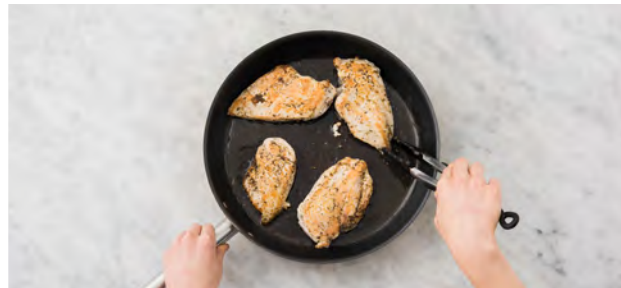
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Yukon Gold Potatoes
12 oz 24 oz | 
Chicken Breasts
24 oz 36 oz | 
Parmesan Cheese
(Contains: Milk)
½ Cup 1 Cup | 
Gemelli Pasta
(Contains: Wheat)
6 oz 6 oz | 
Chicken Stock Concentrate
1 2 | 
Pesto
(Contains: Milk)
2 oz 2 oz |
| 
Roma Tomato
1 1 | 
Tuscan Heat Spice
1 TBSP 2 TBSP | 
Green Beans
6 oz 12 oz | 
Chili Flakes
1 tsp 1 tsp | 
Balsamic Glaze
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 ¼ 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 ⅓ 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.