



BALSAMIC CHICKEN - DINNER

CHICKEN PESTO PASTA - LUNCH



INGREDIENTS FOR: 2-person | 4-person



COOK IT ONCE, EAT IT TWICE

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

DINNER	TOTAL: 45 MIN	CALORIES: 490
LUNCH	TOTAL: 5 MIN	CALORIES: 750

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|---|---|---|---|--|---|
| 
Yukon Gold Potatoes
12 oz 24 oz | 
Parmesan Cheese
½ Cup 1 Cup
(Contains: Milk) | 
Chicken Stock Concentrate
1 2 | 
Roma Tomato
1 1 | 
Green Beans
6 oz 12 oz | 
Balsamic Glaze
5 tsp 10 tsp |
| 
Chicken Cutlets
20 oz 30 oz | 
Gemelli Pasta
6 oz 6 oz
(Contains: Wheat) | 
Pesto
4 TBSP 4 TBSP
(Contains: Milk) | 
Tuscan Heat Spice
1 TBSP 2 TBSP | 
Chili Flakes
1 tsp 1 tsp | |

BUST OUT

- Large pot • Baking sheet • Paper towels • 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

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



2 COOK CHICKEN

Meanwhile, pat **chicken** dry with paper towels; 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). Working in batches if necessary, add chicken and cook until browned and cooked through, 2-4 minutes per side. Turn off heat; transfer to a plate and set aside.

Chicken is fully cooked when internal temperature reaches 165 degrees.



3 ROAST GREEN BEANS

Once **potatoes** have roasted 15 minutes, remove from oven. Toss with half the **Parmesan** and push toward one side of sheet. Toss **green beans** on other side of sheet with a drizzle of **olive oil, salt,** and a pinch of **chili flakes** (use more if you like spicy food). 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**, then drain gemelli and return to empty pot. Meanwhile, add **balsamic glaze, stock concentrate,** and $\frac{1}{3}$ **cup plain water** to pan used for chicken. Simmer over medium-low heat until thickened, 3-4 minutes. Turn off heat and stir in **1 TBSP butter**.



5 FINISH AND SERVE DINNER

Add **2 chicken cutlets** to pan and flip to coat in **sauce**. Divide **potatoes** and **green beans** between plates. Top with chicken, then drizzle with remaining sauce from 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 as many chili flakes as you like.) Divide mixture between 2 reusable containers. Slice remaining **chicken** and arrange on top of pasta. Sprinkle with remaining **Parmesan**. Keep refrigerated. Microwave on high until warmed through, about 2 minutes, before eating.