



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

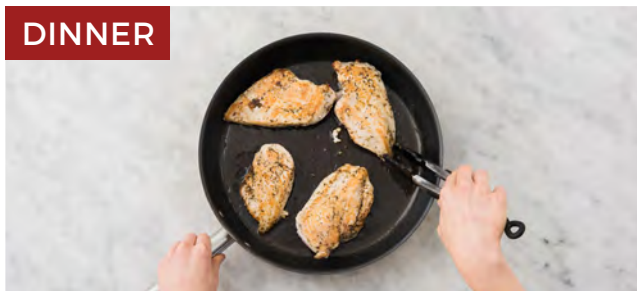
INGREDIENTS FOR: 2-person | 4-person

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|---|---|--|---|---|--|
| 
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.