



Chicken Puttanesca Pasta with Salad

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

462 calories

23 g fat

815 mg sodium



INGREDIENTS: **** Items not included in kit**

- 8 oz. pasta, you were given a 16 oz. box
- 1 TB olive oil**
- Salt & Pepper, to taste**
- 1.5 lbs. chicken breast cubes
- 1/4 cup onions, diced
- 2 garlic cloves, minced
- 2 cups marinara sauce
- 1/4 cup pitted and coarsely chopped kalamata olives
- 1 TB capers, drained
- 1/4 tsp crushed red pepper
- 1/4 cup Parmesan cheese
- 1/4 cup basil leaves, thinly sliced
- Salad Greens
- Favorite salad dressing**

DIRECTIONS

2. Peel and mince the **garlic cloves**, set aside. Coarsely chop the **kalamata olives**, set aside. Remove **basil** leaves from stems. Place basil leaves in a pile on top of each other, roll pile into a log and slice into thin ribbons, set aside.
3. Heat **1 TB olive oil** in a large nonstick skillet over medium-high heat. Add **cubed chicken** to pan and season with a **pinch of salt and pepper**. Cook chicken 10-12 minutes or until lightly browned and no longer pink, stirring occasionally. Add **diced onions** and **minced garlic**. Cook for 2 minutes, stirring to combine. Stir in **marinara sauce**, chopped **kalamata olives**, drained **capers**, **1/4 tsp crushed red pepper**, bring to a simmer. Cook 5 minutes or until chicken is done, stirring frequently.
4. While the sauce simmers, bring a large pot of **water** to a boil. Stir in **1/4 tsp salt**. Add **pasta** and cook according to package directions. Drain pasta and return to pot. Mix in **chicken/marinara sauce mixture** with cooked pasta and toss to combine.
5. Toss **salad greens** with your favorite **salad dressing**.
6. To serve, plate pasta mixture and sprinkle each serving with **parmesan cheese** and garnish with thinly sliced **basil** leaves.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Hungarian Beef Stew

Prep Time: 15 min

Cook Time: 2 hrs

Serves: 4

NUTRITION FACTS, PER SERVING:

400 calories

19 g fat

265 mg sodium



DIRECTIONS:

INGREDIENTS: **** Items not included in kit**

- 1.5 lbs. beef cubes
- 1/4 tsp salt & 1/4 tsp black pepper**
- 2 TB olive oil **
- 2 onions, diced
- 2 TB all-purpose flour**
- Beef Stew Spices (1 TB paprika & 1 tsp fennel seeds)
- 3 garlic cloves, minced
- 32 oz. of beef broth
- 1.5 pounds potatoes, cut into 1-inch chunks
- 3 carrots, chopped
- 2 bell peppers, chopped
- 1/2 cup raisins
- 4 Ciabatta Rolls

1. Sprinkle **beef cubes** with **1/4 tsp salt** and **1/4 tsp black pepper**. Heat **1 TB olive oil** in a large Dutch oven over medium-high heat. Add seasoned **beef cubes** to pan; cook 6 minutes or until golden brown on both sides. Transfer to a plate.
2. Reduce heat to medium, and add **diced onions** to the same pan; cook 5 minutes or until softened. Add **2 TB flour**, **Beef Stew Spices**, and minced **garlic**; cook 1 minute, stirring. Add **1 cup beef broth OR 1 cup red wine**; cook 2 minutes stirring occasionally and scraping browned bits from the bottom of the pan.
3. Add **3 cups beef broth**, and browned **beef cubes** back to the pan; bring to a simmer. Reduce heat to low; cook for 1 hour. Stir in **cubed potatoes, diced carrots, diced bell peppers, raisins** and **1 cup water (or beef broth if you have some leftover)**; simmer, partially covered, for 45 minutes to an hour or until meat and vegetables are fork-tender. Season stew with salt & pepper to taste, if needed.
4. To warm the frozen **ciabatta rolls**, place in a 400 degree oven for 10 minutes.

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