

Chicken Farfalle Pasta Primavera

ingredients | 2 person (4 person)

Put away the chopping block. All your freeze dried ingredients are ready for cooking!

grab from your box

Farfalle Pasta 1 3/4 cups (3 1/2)

Garlic 1/2 Tbsp. (1)

Seasoned Chicken Slices 34 cups (11/2)

Veggie Mix

Cauliflower | ½ cup (½)

Broccoli 1/4 cup (1/2)

Zucchini 2 ½ Tbsp. (½ cup)

Kale | 1/4 cup (1/2)

Red Bell Peppers | 1/4 cup (1/2)

Onion Slices | ½ cup (½)

Seasoning Blend

Chef's Choice Seasoning 1/4 tsp. (1/2)

Italian Seasoning | 1 tsp. (½ Tbsp.)

Tomato Sauce Mix | 1/3 cup (2/3)

Parmesan Cheese 1/4 cup (1/2)

Balsamic Glaze | 1 oz. (1)

grab from your pantry

Butter or Oil 1/2 Tbsp. (1)

Butter (optional) | 1 Tbsp. (2)

20 minutes

allergens:

Dairy, Wheat
Pantry items not included

350 CALS / FATS 9G / PROTEIN 22G / SODIUM 830MG

THRIVE

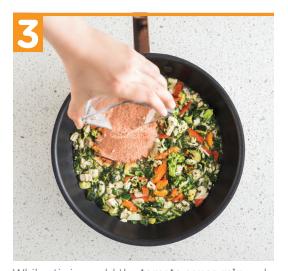


Cooking for 4: Measurements for a four (4) person meal are in parentheses.

In a medium pot, bring 6 (8) cups of water to a boil. Add the farfalle pasta and cook for about 10 minutes or until tender. Strain the pasta water into a bowl for later use. Set the pasta and water aside.



While the pasta is cooking, measure another 3 (4) cups of water. In a large sauté pan, add ½ (1) tablespoon of butter or oil of your choice, and sauté the garlic on medium heat until aromatic (about 10–30 seconds). Add the water, chicken slices, veggie mix, onion slices, and seasoning blend and bring to a simmer. Let simmer for 4–5 minutes.



While stirring, add the **tomato sauce mix** and simmer for an additional 2 minutes. Add $\frac{1}{2}$ cup of the reserved pasta water to the sauce to thin. Add additional water until the desired consistency is reached.



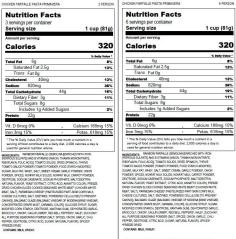
Add the **parmesan cheese** and the **pasta** into the sauce and heat through, allowing the cheese to refresh until soft. For an optional rich, creamy finish, swirl in 1 (2) tablespoons of **butter**. Top dish with desired amount of **balsamic glaze**.



Wasn't that simple?
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