

• NIGHTLY NUGGETS •

Chicken Parmesan Meal Kit

Ingredients:

Original Chick-fil-A® filets

Tomato sauce

Shredded cheese blend

Chopped kale

Grape tomatoes

Whole lemon

Garlic alfredo sauce

Spaghetti pasta (ready-to-heat)



Directions:

Wash hands for 20 seconds using soap and warm water. **If not using chicken immediately, pop in the fridge as soon as possible after purchase and remove once ready for prep.**

1. Preheat your oven to 375°F. Place a sheet of aluminum foil on a baking sheet and spray with nonstick cooking spray. Remove chicken filets from packaging, and carefully cut into four strips. Place re-assembled filets on the prepared cookie sheet. Top each filet with about half of the tomato sauce and cheese.
2. Tear another piece of foil the same size as the first, and spray with nonstick spray. Place the foil (sprayed side down) on top of the chicken and crimp the edges of both pieces of foil together. Bake chicken in preheated oven until warmed through. To reheat cooled chicken, bake 16-20 minutes. If using warm chicken, bake 10-12 minutes.

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Directions (continued):

3. Remove the fresh produce from its packaging, and rinse each item separately before further use. Allow produce to drain in a colander, and pat dry with a paper towel before continuing. Tear any kale leaves you think are too large, cut the lemon and grape tomatoes in half, and set all produce aside until ready to assemble the pasta.
4. Add kale, tomatoes, alfredo sauce and 1/4 cup of water to the skillet. Heat over medium heat. Stir to combine. Cover and cook for 4-6 minutes, stirring occasionally. Crack and whisk egg. Wipe each empanada with egg, covering lightly.
5. Add pasta to skillet and mix into sauce, coating pasta. Squeeze lemon juice into the pan. Reduce heat to medium-low, cover, and cook for 2-4 minutes, stirring occasionally



Directions (continued):

6. Divide the pasta and vegetables between two plates. Add one filet to each plate alongside the pasta. Enjoy.