

Caprese Chicken

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 TBSP (4 TBSP)* Cornstarch
- Mozzarella Cheese
- Optional toppings and garnishes: Balsamic glaze, fresh basil

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)* of water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 12 minutes.
3. When pressure cooking is complete, use a natural release.
4. Remove chicken from the juices and set aside. Leave chicken whole (do not shred or chop).
5. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
6. Once the sauce is thickened, turn off the pot and place the chicken in a single layer on top of the sauce. Sprinkle mozzarella cheese over the chicken and place the lid back on for 2-3 minutes or until the cheese is melted.
7. Serve hot with any desired toppings and sides.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 5-8.

Leftover Suggestions:

- Serve over cooked pasta
- Serve on rolls as a chicken sandwich

Notes:

- Substitute the mozzarella with Parmesan or Swiss cheese for a subtly different flavor and texture experience.

Nutrition Facts

4 servings per container

Serving size
3/4 cup (204g)

Calories
per serving **210**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 8g	10%	Total Carbohydrate 4g	1%
Saturated Fat 1g	5%	Dietary Fiber 1g	4%
Trans Fat 0g		Total Sugars 1g	
Cholesterol 95mg	32%	Includes 0g Added Sugars	0%
Sodium 1000mg	43%	Protein 30g	
Vitamin D 0mcg 0% • Calcium 40mg 2% • Iron 1.3mg 8% • Potassium 60mg 2% Vitamin A 100mcg 10% • Vitamin C 8mg 8%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHICKEN, TOMATOES, BASIL, OLIVE OIL, SUNFLOWER OIL, GRANA PADANO CHEESE (MILK), CASHEW NUTS, EXTRA VIRGIN OLIVE OIL, POTATO FLAKES, SALT, SUGAR, PECORINO ROMANO CHEESE (FROM EWE'S MILK), PINE NUTS, GARLIC, ACIDITY REGULATOR (GLUCONO DELTA LACTONE), LEMON JUICE, SALT, SPICE, GARLIC

CONTAINS: MILK, CASHEW

