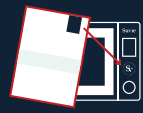


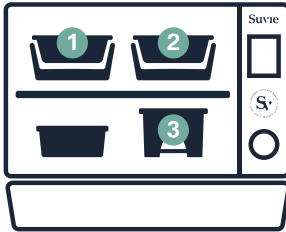
Arrabiata Chicken

with Penne Pasta and Broccoli

Hold this corner to logo on Suvie



Collect from your pantry:
olive oil, salt, pepper



1. Vegetables: **Broccoli**

Open package & pour into Suvie pan. Place pan in **upper left** cooking zone.

2. Protein: **Chicken Breast**

Don't cut open packages! Place in Suvie pan and fully cover with water. Place in **upper right** cooking zone.

3. Starch: **Penne Pasta**

Pour into strainer. **Do not add water.** Place in **bottom right** cooking zone with FRONT facing outwards, **Don't forget to add salt!**

4. Sauce: **Marinara**

If using from frozen, thaw before use. Keep in fridge during the cook.

5. Garnishes: **Red Pepper Flakes, Parmesan**

Keep garnishes in fridge.

6. Scan this card

Hold **the corner of this card** to the logo on Suvie until scanned.



7. Set Suvie

- **Don't forget to fill the reservoir** to the fill line indicated
- Choose **Cook Now, Refrigerate, or Schedule** on the screen.
- You can also **customize** the cook times to your liking!
- Wait until cook is done before proceeding to the steps below.



8. Carefully remove pan **(it will be hot!)** with **chicken** from Suvie & drain water. Remove chicken from packaging & discard liquid.



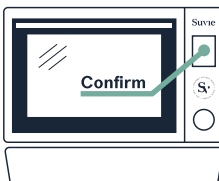
9. Cut chicken into strips and pat dry. Return to Suvie pan.



10. Retrieve **marinara sauce** from the fridge and open container. Pour over chicken. Sprinkle **red pepper flakes** over the marinara sauce to taste **(if you add all it will be very spicy!)**. Return pan to Suvie.



11. Season **broccoli** with **olive oil, salt,** and **pepper** to taste. Return pan to Suvie.



12. Confirm broil times on Suvie screen. Close Suvie door & select **"Start Broil."**



13. After the broil remove starch pan from Suvie. Divide **penne pasta** between plates.



14. Top the penne with the chicken and marinara sauce. Divide the broccoli between plates. Garnish with **parmesan cheese.**

561

Approx.
Cook Time:
2 hrs

Nutrition Facts

Serving size 1 meal (449g)

1 Serving: Chicken Breast 1 filet (198.5g), Broccoli 1 cup (70.9g), Penne Pasta 1/2 cup (56.7g), Marinara 1/2 cup (113.4g), Red Pepper Flakes 1/4 tsp (3.5g), Parmesan 1/2 tbsp (7.1g)

Amount per serving

Calories

570

% Daily Value*

Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	0%
Cholesterol 130mg	43%
Sodium 960mg	42%
Total Carbohydrate 55g	20%
Dietary Fiber 7g	25%
Total Sugars 7g	0%
Includes 0g Added Sugars	0%

Protein 56g

Vit. D 0mcg 0% • Calcium 160mg 10%
Iron 4.9mg 25% • Potas. 250mg 6%

*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.

Arrabiata Chicken

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Ingredients: Chicken Breast (Chicken, Canola Oil, Salt, Black Pepper), Marinara Sauce (Tomatoes, Tomato Juice, Citric Acid, Onion, Sunflower Oil, Salt, Basil, Extra Virgin Olive Oil, Black Pepper), Broccoli, Penne Pasta (Semolina (Wheat), Durum Flour (Wheat)), Pasteurized Part-skim Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder To Prevent Caking, Potassium Sorbate To Protect Flavor, Red Pepper Flakes.

ALLERGENS: Milk, Wheat.

Collect the following:

	2 servings (pcs)	4 servings (pcs)
Chicken Breast	2	4
Broccoli	1	2
Penne Pasta	1	2
Marinara	1	2
Red Pepper Flakes	1	2
Parmesan	1	2

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Due to the long sous vide cook time some temperature settings are below the FDA recommended temperatures. Please use caution when cooking below the FDA recommended temperatures.



Questions? Email help@suvie.com