

VZC

Approx.
Cook Time:
2 hrs

Nutrition Facts

Serving size 1 meal (501g)

1 Serving: Chicken Breast 1 fillet (198.5g), Farfalle 1 cup (56.5g), Green Beans 1 cup (113.5g), Marinara Sauce 1/4 cup (113.5g), Cracker Crumbs 2 tbsp (7g), Grated Parmesan 1 tbsp (7g), Toasted Almonds 1 tbsp (7g)

Amount per serving

Calories **640**

% Daily Value*

Total Fat 20g	26%
Saturated Fat 3g	15%
Trans Fat 0g	0%
Cholesterol 130mg	43%
Sodium 960mg	42%
Total Carbohydrate 66g	24%
Dietary Fiber 10g	36%
Total Sugars 8g	0%
Includes 0g Added Sugars	0%

Protein 56g

Vit. D 0mcg 0% • Calcium 120mg 10%
Iron 6.1mg 35% • Potas. 200mg 4%

*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.

Crispy Chicken Parmesan

with Pasta in Marinara Sauce & Green Beans

Ingredients: Chicken, Canola Oil, Salt, Black Pepper, Green Beans, Tomatoes (Tomatoes, Tomato Juice, Citric Acid), Onion, Sunflower Oil, Salt, Basil, Extra Virgin Olive Oil, Black Pepper, Semolina (Wheat), Durum Wheat Flour, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {VITAMIN B1}, Riboflavin {VITAMIN B2}, Folic Acid), Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Salt, Leavening (Calcium Phosphate and/or Baking Soda), High Fructose Corn Syrup, Soy Lecithin, Malted Barley Flour, Natural Flavor, Parmesan Cheese (Pasteurized Part-skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Hard Grating Cheese (Food Starch, Water, Palm Oil, Cellulose, Salt, Lactic Acid, Whey, Sodium Phosphate, Sodium Citrate, Sorbic Acid, Potassium Sorbate (as a Preservative), Artificial Color), Powdered Cellulose (Added to Prevent Caking), Natamycin (a Natural Mold Inhibitor), Olive Oil, Sliced Toasted Almonds.

ALLERGENS: Contains Milk, Wheat, Soy, Almond.

Collect the following:

	2 servings (pcs)	4 servings (pcs)
 Chicken Breasts	2	4
 Farfalle	1	2
 Green Beans	1	2
 Marinara Sauce	1	2
 Cracker Crumbs	1	2
 Grated Parmesan	1	2
 Toasted Almonds	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

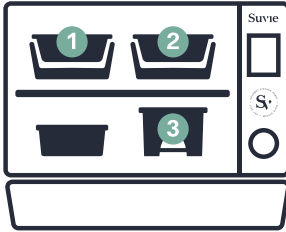
Crispy Chicken Parmesan

with Pasta in Marinara Sauce & Green Beans

Hold this corner
to logo on Suvie



Collect from your pantry:
olive oil, salt, pepper



1. Vegetables: **Green Beans**

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

2. Protein: **Chicken Breasts**

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

3. Starch: **Farfalle**

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**

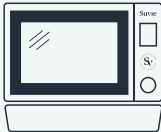
If using from frozen, thaw before use. Keep in fridge during the cook.

5. Garnishes: **Cracker Crumbs, Grated Parmesan, Toasted Almonds**

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. Retrieve **marinara sauce** from fridge & pour into empty pan. Pat dry chicken & place on top of marinara sauce.



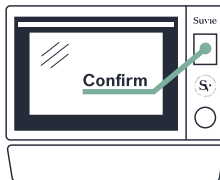
10. Crush crackers in their packaging until fine. In a small bowl, mix **crackers** with **1 packet of parmesan**, **1/2 tbsp olive oil**, & **1 tsp water**.



11. Evenly spread cracker crumb mixture over chicken. Return chicken to Suvie.



12. Season **green beans** with **1/2 tbsp** olive oil, salt & pepper to taste. Return **green beans** to Suvie.



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



14. After the broil transfer **farfalle** to a bowl. Move chicken from pan to a cutting board. Pour **marinara sauce** over farfalle; stir to combine.



15. Divide farfalle & green beans between plates. Place chicken on top of pasta & garnish green beans with almonds. **Enjoy!**