



Chicken Alfredo & Rice Casserole

with Peas & Toasted Panko



30min



2 Servings

Creamy, hearty casseroles are one of our all time favorite comfort foods. Chicken and carrots simmer in a decadent Alfredo sauce, while peas and rice thicken the rich filling. We top the silky casserole with seasoned panko that bakes to a crisp golden brown. The best part? This one skillet recipe means less time washing dishes and more time tucking in to this warm and cozy dinner.

What we send

- garlic
- 1 small bag carrots
- 1 oz panko ¹
- ¼ oz all-purpose spice blend
- 10 oz pkg chicken breast strips
- 10 oz Alfredo sauce ²
- 5 oz peas
- 10 oz ready to heat rice
- ¼ oz fresh parsley
- 2 (¼ oz) Dijon mustard

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar

Tools

- medium heavy skillet (preferably cast-iron)

Allergens

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 45g, Carbs 85g, Protein 46g



1. Prep ingredients

Preheat oven to 375°F with a rack in the center.

Finely chop **2 teaspoons garlic**. Cut **carrot** into quarters lengthwise, then into ½-inch pieces.



2. Toast panko

Heat **2 tablespoons oil** in a medium heavy skillet (preferably cast-iron) over medium high. Add **panko** and cook, stirring, until toasted and browned, 4-6 minutes. Remove from heat and mix in **all purpose seasoning**; transfer to a small bowl.



3. Sear chicken

Pat **chicken** dry and season with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium high. Add chicken and cook until browned on one side, 2-4 minutes. Flip chicken and add **carrots** (add 1 more tablespoon oil if skillet looks dry). Cook carrots and chicken until chicken is cooked through and carrots are browned and just tender, 2-5 minutes more.



4. Build casserole

Reduce heat to medium. Add **garlic** and cook until fragrant, about 30 seconds. Add **½ cup water** and bring to a simmer, scraping up bits from the bottom of the pan. Add **Alfredo sauce** and bring to a simmer. Stir in **Dijon mustard** and **½ teaspoon vinegar**. Season to taste with **salt** and **pepper**.



5. Finish casserole

Add **peas** and **rice**; mix until ingredients are nicely coated and evenly distributed.

Remove from heat and sprinkle top with **seasoned panko**. Transfer to oven and bake until edges are bubbling, about 10 minutes.



6. Serve

Remove from oven and let **casserole** rest for 5 minutes.

Remove **parsley leaves** from stems and coarsely chop leaves; discard stems. Garnish **casserole** with **parsley** before serving. Enjoy!