



FAST. EASY. FRESH.

# CHICKEN DIVAN MAC AND CHEESE WITH BROCCOLI

**1.** Preheat your oven to 375°F and put a large pot of salted water on to boil. Cut the **broccoli** into small florets. Once the water is boiling, add the **rotini** and cook for 12 minutes then, add the broccoli and cook for 1 minute longer. Drain and return to the same pot.

**2.** Meanwhile, prep the rest of your ingredients. Grate the **gouda** and cut the **provolone** into smaller pieces for easier melting. Chop your **chicken** into small, bite-sized pieces.

**3.** In a large sauce pan heat 1 Tbsp. **olive oil** over medium high heat. Add the chicken, season with **salt** and **pepper**, and cook until no longer pink, about 5-7 minutes. Remove from the pan, and set aside

**4.** In the same pan, melt the **butter** over medium-high heat. Add the **flour** and **curry powder**, stirring constantly for 1 minute or until fragrant and flour starts to smell nutty. Add the **milk** and whisk well to combine.

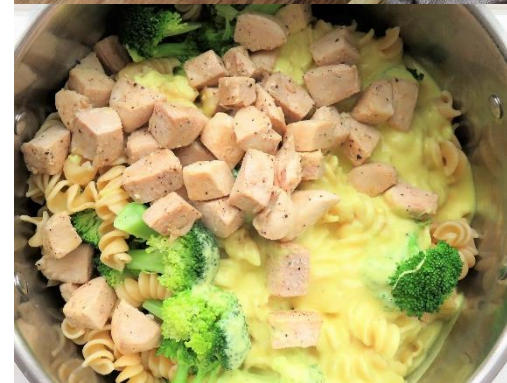
**5.** Bring the mixture to a boil and continue to whisk occasionally as the sauce thickens, about 4-5 minutes. Add the gouda, provolone, parmesan, season with ½ tsp. salt and ½ pepper, and stir until the cheese has melted and been incorporated.

**6.** Pour the cheese sauce over your cooked noodles and broccoli, add the chicken, and toss everything gently to combine. Taste, and season with salt and pepper. Transfer the pasta to a large baking dish that has been sprayed with nonstick spray and smooth out the top. Sprinkle **panko** evenly over top and then bake for 15 minutes, or until bubbly around the edges. Enjoy!

## Ingredients (4 Person Serving – 787 Calories Per Serving)

Rotini Pasta	280 g
Salted Butter	28 g
Olive Oil	1 Tbsp.
All-Purpose Flour	1 ½ Tbsp.
Curry Powder	1 ½ tsp.
2% Milk	473 ml
Salt	½ tsp.
Ground Pepper	½ tsp.

Gouda Cheese	100 g
Provolone Slices	140 g
Parmesan Cheese	28 g
Chicken Tenders	500 g
Broccoli	1 Medium Head
Panko	¼ Cup
Salt and Pepper	To Taste



**45** Minute  
Cook  
Time!