

# Lemon 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):

- 1 cup (1 1/2 cups)\* chicken broth
- 2 TBSP (4 TBSP)\* cornstarch
- Cooked pasta or rice
- Optional: 1-2 splashes of heavy cream
- Optional toppings and garnishes: shredded parmesan cheese, fresh lemon juice, freshly cracked pepper

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1 cup (1 1/2 cups)\* of chicken broth.
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. Move meat to a cutting board and shred or slice into thin strips. Cover and set aside.
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. If desired, add a splash of heavy cream to the sauce.
7. Once the sauce is thickened, return the chicken to the pot and stir gently.
8. Serve hot over cooked pasta, rice or vegetables.

## 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 4-8.

## Leftover Suggestions:

- Roast some asparagus and toss with chicken and sauce

## Notes:

- This pairs beautifully with rice pilaf and a side of roasted vegetables!

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carbohydrate</b> 3g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>	
Trans Fat 0g		Total Sugars <1g		
<b>Cholesterol</b> 95mg	<b>32%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 580mg	<b>25%</b>	<b>Protein</b> 29g		
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.5mg 2% • Potassium 40mg 0% Vitamin A 0mcg 0% • Vitamin C 3mg 2%				

\* 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, ONION, LEMON JUICE, GARLIC, DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), SALT, SPICE