

Meal Kits: Are They Worth It?

Recipe Breakdown Tool

Examine the recipe below from a common meal kit delivery service. Then, answer the questions below related to preparing this dish in your own home.

Cheesy Broccoli Baked Pasta with Thyme Breadcrumbs

\$9.99/serving

Ingredient	Amount
Milk	½ cup
Garlic	2 cloves
Broccoli	1 lb
Thyme	1 bunch
All-purpose flour	3 Tbsp
Butter	2 Tbsp
Breadcrumbs	¼ cup
Romano Cheese	1 oz
Cheddar Cheese	6 oz
Fusili pasta (or other short pasta)	1 lb

1. Do you already have some of these ingredients on hand in your home?
2. Do you already have items that could easily be substituted for these ingredients?
3. Are all items available in your local grocery store or food retailer?