



Teriyaki Turkey Rice Bowl

Prep Time: 20 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

380 calories

5g total fat

925mg sodium



INGREDIENTS: **** Items not included in kit**

TERIYAKI SAUCE:

- 1/2 cup low sodium soy sauce
- 1/4 cup water**
- 2 TB Red wine vinegar
- Teriyaki Mix (2 TB brown sugar & 1 tsp ground ginger)
- 2 cloves garlic, minced
- 1 TB cornstarch
- 2 TB warm water**

RICE:

- 1.5 cups basmati rice
- 2 1/4 cups water**
- 1 TB olive oil**
- Pinch of salt**

GROUND TURKEY & VEGETABLES:

- 1 TB olive oil**
- Salt and black pepper, to taste**
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1 lb. ground turkey
- 2 cups broccoli florets, chopped
- 1 cup carrots, shredded
- 2 green onions, diced

DIRECTIONS:

1. **TERIYAKI SAUCE:** In a small saucepan, combine **soy sauce, water, red wine vinegar, Teriyaki Mix,** and **2 cloves minced garlic.** Stir to combine over medium heat, whisking until sugar is dissolved. In a small bowl, whisk together **cornstarch** and **2 TB warm water** until cornstarch is completely dissolved. Slowly whisk cornstarch slurry into the saucepan, stirring until sauce has thickened. Remove from heat and set aside.
2. **RICE:** Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water, 1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
3. **GROUND TURKEY & VEGES:** Chop **broccoli florets** into smaller pieces, discarding stems. Heat **1 TB olive oil** in a large skillet over medium heat. Add **diced onions,** and cook 2 minutes. Add **ground turkey** and **2 cloves minced garlic** and cook until turkey is no longer pink, about 8 minutes. Add **shredded carrots, chopped broccoli, season with salt & black pepper** and continue to cook for 5 more minutes or until turkey is cooked through. Pour **teriyaki sauce** over the mixture and stir to combine, reduce heat to low and simmer for 5 minutes to combine flavors. Spoon mixture over **cooked rice** and garnish with **diced green onions.**

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Lemon Garlic Chicken and Summer Vegetable Fettucine

Prep Time: 45 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

686 calories

31g total fat

715mg sodium



INGREDIENTS: **** Items not included in kit**

CHICKEN MARINADE:

- 1.5 lbs. Chicken Cubes
- 1/4 cup olive oil**
- 2 tsp Italian seasoning
- 2 cloves garlic, minced
- 1 lemon, juiced and zested
- 1 tsp honey
- 1/2 tsp salt and 1/4 tsp pepper**

- 1 lb. fettucine
- 2 TB olive oil**
- 3 ears corn, husked and kernels cut off
- 1/2 cup red bell pepper, diced
- 1 pint cherry tomatoes, halved
- 1 cup diced zucchini
- 4 green onions, diced
- Salt & Pepper, to taste**
- 1/4 cup pasta cooking water**
- 1 cup crumbled feta cheese
- 2 TB basil, sliced into ribbons

DIRECTIONS:

1. CHICKEN MARINADE: In a large resealable gallon bag, combine **1/4 cup olive oil, Italian seasoning, 2 cloves minced garlic, 1 lemon juiced and zested, 1 tsp honey 1/2 tsp salt & 1/4 tsp pepper**. Seal and shake to combine. Add **chicken cubes** to the bag, seal and move the chicken around to coat in the marinade. Place in refrigerator and marinate for at least 30 minutes or up to 4 hours.
2. Shuck **corn** and cut off kernels from the cob, set kernels aside. Rinse **tomatoes** and cut in half, set aside. Chop **4 green onions** (white and green parts), set aside. Remove **basil** leaves from stem and stack, roll into a log and slice thinly to create ribbons, set aside.
3. Cook **fettucine** according to package directions. **Reserving 1/4 cup pasta cooking water** before draining.
4. Remove **marinated chicken** from refrigerator. In a large sauté pan, heat **2 TB olive oil** over medium-high heat and add chicken cubes (discard marinade) and cook chicken 8-12 minutes, or until cooked through. Add **corn kernels, diced red pepper, halved cherry tomatoes, diced zucchini, and diced green onions** stirring to combine and cook for 3 minutes, or until zucchini is crisp tender. Season with **salt and pepper** to taste.
5. Toss **chicken/vegetable mixture** with **cooked fettucine**, adding **up to 1/4 cup reserved cooking pasta water** to create a light sauce.
6. Serve topped with **crumbled feta cheese** and **thinly sliced basil**.

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