



Yellow Coconut Curry Chicken

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

674 calories

20.4g total fat

672mg sodium



INGREDIENTS: ** Items not included in kit

- 1.5 lbs. chicken cubes
- 2 TB olive oil**
- 1/2 cup finely diced onions
- 2 garlic cloves, peeled & minced
- 2 inches fresh ginger, peeled and sliced into 6 rounds
- 4 Jalapeno chilies, cut in half lengthwise (deseed at least 2, deseed more if you want it less spicy, leave seeds if you prefer spicier)
- 1 tsp turmeric
- 1 (13.5oz) can coconut milk
- 1 tsp salt**
- 1.5 cups basmati rice
- 1 TB olive oil**
- 1/2 cup fresh cilantro, chopped

DIRECTIONS:

1. Prepare ingredients: Peel and mince **garlic cloves**, set aside. Peel **ginger** and slice into 6 quarter-inch rounds, set aside. Wash **jalapenos** and cut in half lengthwise, deseed at least 2, deseed more if you want it less spicy, leave seeds if you prefer spiciness. WASH YOUR HANDS IMMEDIATELY after prepping jalapenos and do not touch your eyes. Wash and dry **cilantro**, chop leaves and set aside.
2. To a large skillet, heat **2 TB olive oil** over medium high heat. Add the **chicken cubes, diced onions, minced garlic, and ginger rounds**. Stir to combine and cook until chicken is no longer pink, about 5 minutes. Add **turmeric and halved jalapenos**, stir to combine and cook for 3 minutes longer. Add the **coconut milk**, bring to a boil, stir to combine, then reduce heat to a simmer and cook for 20 minutes longer.
3. **Basmati 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.
4. Serve chicken over rice and top with a sprinkle of **chopped cilantro**.

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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Cajun Cabbage and Ground Beef Casserole

Prep Time: 15 min

Cook Time: 65 min

Serves: 4

NUTRITION FACTS, PER SERVING:

470 calories

20g total fat

708mg sodium



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

- 1 lb. ground beef
- 1 cup green pepper, diced
- 1 cup onion, diced
- 2 garlic cloves, peeled and minced
- 1 (14.5 oz) can diced tomatoes with green chilies
- 8 oz. tomato sauce
- 1/2 cup long grain rice, uncooked
- 1/2 tsp salt & 1/2 tsp black pepper**
- Cajun Blend (1/2 tsp basil, 1/2 tsp oregano, 1/4 tsp cayenne pepper)
- Hot sauce
- 1 small head of green cabbage, about 3 cups shredded
- 1 cup shredded cheddar cheese
- Fresh basil, chopped into ribbons
- Non-stick cooking spray & Aluminum Foil**

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Peel and mince **garlic cloves**, set aside. Remove leaves from **fresh basil** and place in a stack. Roll the stack and then slice into thin strips, creating ribbons; set aside.
3. In a large skillet over medium high heat, add the **ground beef, diced green pepper, diced onion, minced garlic cloves** and cook stirring to combine and breaking up the ground beef until the beef is no longer pink. Remove pan from heat and drain fat from pan. Stir in the **can of diced tomatoes, tomato sauce, uncooked rice, 1/2 tsp salt & 1/2 tsp black pepper, Cajun Blend**, and as much **hot sauce** as you like. Stir well to combine all ingredients.
OPTIONAL: You can mix in some of the shredded cabbage into the beef mixture or top the beef mixture with the cabbage as detailed in step 4.
4. Pour beef mixture into a greased 13x9 inch baking dish in an even layer. Top with **shredded cabbage**, then **shredded cheese**. Cover with **aluminum foil sprayed with non-stick cooking spray** and bake at 350 degrees for 65 minutes. Remove from oven and let rest 10 minutes. Garnish with **ribbons of fresh basil**.

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