



Lentil Bulgogi over Rice with Korean Slaw

Prep Time: 20 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

360 calories

14 g fat

605 mg sodium



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

LENTIL BULGOGI & RICE

- 2 cups basmati rice
- 4 cups water**
- 2 cups water**
- 1/4 cup low sodium soy sauce
- 2 TB brown sugar
- 2 garlic cloves, minced
- 1 inch piece ginger, minced
- 1 tsp sesame oil
- 1/4 tsp crushed red pepper flakes
- 1 TB olive oil**
- 1/2 cup diced onion
- 1 cup red lentils
- 2 green onions, thinly sliced
- 1 TB sesame seeds

DIRECTIONS:

1. In a large saucepan, combine 4 cups water and 2 cups basmati rice. Bring to a boil, once boiling stir, then cover, reduce heat to low and simmer for 20 minutes. Remove from heat and let sit with lid on for 10 minutes. Remove lid and fluff with a fork.
2. SAUCE: In a medium bowl, whisk together **2 cups water, soy sauce, brown sugar, minced garlic, minced ginger, sesame oil, and red pepper flakes**. Set aside.
3. In a pan fitted with a lid over medium heat add **olive oil** and **diced onions**. Sauté for 2-3 minutes until onions soften. Add the **lentils** and **sauce**, stir to combine, cover and simmer for 10 minutes until lentils are tender and most of the liquid is absorbed.
4. Serve lentils over rice, garnished with **thinly sliced green onions** and **sesame seeds**.

KOREAN SLAW

- 1/4 tsp crushed red pepper flakes
- 2 TB rice vinegar
- 2 TB low sodium soy sauce
- 1 TB sugar**
- 1 TB lemon juice, from 1 lemon
- 1 TB sesame oil
- 1 garlic clove, minced
- 2 cups shredded cabbage
- 1/2 cup shredded carrots
- 1 green onion, thinly sliced

DIRECTIONS:

1. In a bowl, whisk together the **crushed red pepper flakes, rice vinegar, soy sauce, sugar, lemon juice, sesame oil, and garlic clove**. Set aside.
2. In a large mixing bowl, combine the **cabbage** and **carrots**, tossing to combine. Pour the sauce over and toss to combine.
3. Thinly slice the **green onions** and sprinkle on top before serving alongside the bulgogi.

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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Quinoa Falafel Wraps

Prep Time: 20 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

426 calories

14 g fat

635 mg sodium



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

- 1 cup cooked and cooled quinoa
- 1 (15 oz.) can chickpeas
- 2 garlic cloves
- 1/2 bunch green onion, discard root end
- 1/4 cup fresh parsley
- 1/4 cup fresh cilantro
- 1 tsp fresh lemon juice
- 1/2 tsp coriander
- 1/4 tsp cayenne pepper
- 1/2 tsp cumin
- 1/4 tsp salt & 1/4 tsp pepper**
- 1/2 tsp baking powder**
- 1 egg slightly beaten
- 5-6 TB vegetable oil**
- 1 TB sugar**
- 1/4 cup cider vinegar
- 1/2 cup shredded carrots
- 1/2 cup shredded cabbage
- Lettuce Leaves
- 1 cup Tzatziki Sauce
- 4 Whole Wheat Wraps
- Fresh mint, torn for garnish

DIRECTIONS:

1. Rinse all produce before using. Set aside.
2. Place **1 cup rinsed and drained quinoa** with **2 cups water** in a saucepan. Bring to a boil, reduce heat to low and simmer covered for 20 minutes, until quinoa is cooked all the way through until fully sprouted. Remove from heat, set aside and let it cool.
3. Preheat oven to 350 degrees. Drain, rinse, and pat dry the **chickpeas**. Spread out into a single layer on a sheet tray with sides. Bake for 10 minutes, just enough that the chickpeas start to look a bit dry.
4. In a food processor or blender, combine **garlic, green onions, parsley, cilantro, lemon juice, coriander, cayenne, cumin, salt, pepper and baking powder**. Pulse until everything is minced. Transfer to a bowl. Place **chickpeas** in the food processor and pulse until the chickpeas resemble a coarse meal (**but don't over process**). Place in the bowl with the herb/spice mixture.
5. Add the **beaten egg** and **cooled quinoa**. Mix until everything is well combined and let it rest for 15 minutes.
6. To form patties, scoop out roughly 3 TB of mixture and form into a ball. Press down slightly to form patty. Repeat with remaining mixture. Place patties in the fridge to set for 15 minutes.
7. Whisk together **1 TB sugar, cider vinegar and 1 tsp salt** until well combined. Pour over **shredded carrots and cabbage**. Let it soak for 30 minutes then drain well.
8. **TO FRY:** Heat **4 TB vegetable oil** in a large non-stick skillet over medium heat. Add as many of the falafel patties as you can without crowding the pan. Cook 5 minutes on one side, flip and cook for another 5 minutes. Repeat with the remaining falafels, adding extra tablespoons of oil as needed. **TO BAKE:** Preheat oven to 375. Spray a cookie sheet with nonstick spray. Place falafel patties on sheet and bake 10-12 minutes. Carefully flip patties and bake for another 10-12 minutes or until done and crispy.
9. Place a handful of **lettuce leaves** on center of **wrap**, top with **falafels, Tzatziki sauce, pickled carrots and cabbage**, and torn pieces of **fresh mint**. Take bottom half of the tortilla, fold over the stuffing, fold in sides and finish rolling together to make the wrap.

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