



Thai Basil Beef with Coconut Rice

Prep Time: 35 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

700 Calories

44 g fat

713 mg sodium



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

COCONUT RICE:

- 1 (13.5 oz) can coconut milk
- 2 inches fresh ginger, peeled & sliced into 4 rounds
- 1.5 cups jasmine rice

SOY SAUCE MIXTURE:

- 1/4 cup low-sodium soy sauce
- 1 lime, juiced
- 1 TB sugar**
- Red pepper flakes, use desired amount

- 1 TB vegetable oil or olive oil**
- 1.5 lbs. ground beef
- 1 cup red bell pepper, diced
- 3 garlic cloves, minced
- 2 cucumbers, quartered lengthwise then halved
- 1/2 cup fresh basil, sliced into ribbons

DIRECTIONS:

1. Prepare produce and set aside in separate piles: Peel and slice **ginger** into 4 rounds. Peel and mince **garlic cloves**. Wash and dry **cucumber**, then slice in half lengthwise, remove seeds, and slice into 1/4 inch half moons. Place **basil** leaves in a stack, roll stack and then slice basil into strips creating ribbons.
2. Soy Sauce Mixture: In a small bowl, whisk together **1/4 cup soy sauce, juice of 1 lime, 1 TB sugar**, and as much **red pepper flakes** as you like for your desired heat level. Set aside for use in step 4.
3. Coconut Rice: Rinse the rice in cold water to remove excess starch. In a medium saucepan, bring the **coconut milk, 2/3 cups water, sliced ginger rounds** and **rinsed jasmine rice** to a boil. Stir, then cover and reduce heat to low. Simmer until the liquid is absorbed and the rice is tender, about 12-15 minutes. Remove pan from heat and leave covered for 10 minutes. Remove lid and fluff with fork before serving.
4. In a medium size skillet, heat **1 TB vegetable oil** over medium high heat. Add the **ground beef** and cook, breaking up the meat, until browned and cooked through, about 5 minutes. Add the **diced red bell pepper** and **minced garlic** and cook 3 minutes longer. Stir in the **soy sauce mixture** and cook until the liquid evaporates, about 2-3 minutes. Remove pan from heat and stir in **basil ribbons**.
5. Serve beef over rice and top with **sliced cucumbers**.

Food provided in this meal kit may have come in contact with, or

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Skillet Mediterranean Chicken

Prep Time: 10 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

285 Calories

9.8 g fat

409 mg sodium



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

- 1.5 cups brown rice
- 1 TB butter or olive oil**
- 1/4 tsp salt**
- 4 Chicken Breast
- 2 garlic cloves, peeled & minced
- Salt & Pepper, to taste**
- 2 tsp dried oregano, divided
- 2 TB olive oil**
- 1 cup chicken broth, or optional 1/2 cup chicken broth & 1/2 cup dry white wine**
- 1 lemon, juiced and zested
- 1 (14.5 oz) can diced tomatoes
- 1 cup red onion, diced
- 1/4 cup green olives, chopped
- Fresh parsley, chopped
- 1/2 cup feta cheese
- 1 lb. green beans

DIRECTIONS:

1. **Brown Rice:** In a medium saucepan, combine **3 cups water, brown rice, 1 TB butter or olive oil, and 1/4 tsp salt**. Bring to a boil, stir to combine, cover and reduce heat to a low simmer for 25-30 minutes, or until rice is tender. Remove from heat, let sit for 5 minutes, fluff with a fork before serving.
2. **Green Beans:** Wash and trim the end from the green beans. In a large sauce pot, bring **1.5 cups water** to a boil, add the trimmed green beans and cover with a lid. Steam for 5 minutes or until beans are fork tender. **OR** Place trimmed green beans in a microwaveable safe dish with 1/4 cup water, cover and microwave 5 minutes. Remove from heat, drain and season with **salt & pepper** to taste, a drizzle of **olive oil**, and the **lemon zest**. Toss to combine.
3. Remove from heat, drain and season with **salt, black pepper** and a drizzle of **olive oil**.
4. Pat **chicken breasts** dry and on both sides, rub with **minced garlic cloves, dried oregano** and season with **salt and pepper, to taste**.
5. In a large skillet, heat **2 TB olive oil** over medium high heat. Brown the chicken breast on both sides, about 3 minutes per side. Add **1/2 cup chicken broth** to the pan and let it reduce by half. Then add the **remaining 1/2 cup chicken broth** or 1/2 cup dry white wine, the **juice of 1 lemon** and the can of **diced tomatoes**, stir to combine. Reduce heat to medium, cover with a lid or aluminum foil. Cook for 5 minutes, turn chicken over and cook for an additional 5 minutes.
6. Uncover the skillet, top with **diced red onions** and **chopped green olives**, cover, and cook 5 minutes longer or until chicken is done and has reached an internal temperature of 165 degrees.
7. Serve chicken over cooked brown rice and sprinkle with **chopped parsley** and **crumbled feta cheese** with green beans on the side.

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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