



Honey Sesame Chicken with Broccoli over Rice

Prep Time: 15 min

Cook Time: 25 min

Serves: 4

NUTRITION FACTS, PER SERVING:

306 calories

14.9 g fat

667 mg sodium



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

- 1/4 Cup Honey
- 3 TB Low Sodium Soy Sauce
- 2 TB Ketchup
- 2 tsp Sesame Oil
- 1/2 tsp Crushed Red Pepper Flakes
- 1.5 lbs. Chicken Breast Cubes
- Salt & Pepper, to taste**
- 2 TB Olive Oil or Vegetable Oil**
- 3 Cloves Garlic, minced
- 1 1/2 Cups Jasmine Rice
- 1 TB olive oil**
- 1 lb. Broccoli Florets
- Green Onions, thinly sliced
- 1 TB Sesame Seeds

DIRECTIONS:

1. Thinly slice **4 green onions**, the green and white portion, discarding the top 1/2 inch and bottom root; set aside. Peel **garlic cloves** and chop finely to mince; set aside.
2. Sauce: In a small bowl, whisk the **honey, soy sauce, ketchup, sesame oil & crushed red pepper flakes** (use as much as you like for your desired spice preference) until combined; set aside.
3. **Jasmine Rice**: Rinse the 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 12-15 minutes or until all the water is absorbed. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
4. Heat a large skillet over medium-high heat. Add **2 TB oil** to pan; swirl. Add **chicken cubes** and sauté until cooked through, stirring to develop a sear on all sides, about 12-15 minutes. Add minced **garlic**; sauté for 30 seconds, stirring constantly. Stir in **sauce mixture** and bring to a simmer, stirring until sauce thickens, about 1 minute. Remove pan from heat.
5. Place **broccoli florets** in microwave safe dish with 1/4 inch of water, cover with microwave safe lid or saran wrap & microwave for 3 minutes or until crisp-tender. Drain and season with a **pinch of salt & black pepper to taste**.
6. To serve, place **cooked chicken** and **broccoli** on top of the cooked **rice** and sprinkle the **sesame seeds** and **thinly sliced green onions** on top.

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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Italian Baked Cauliflower and Ground Beef

Prep Time: 15 min

Cook Time: 25 min

Serves: 4

NUTRITION FACTS, PER SERVING:

306 calories

14.9 g fat

667 mg sodium



INGREDIENTS: ** *Items not included in kit*

- 1 TB olive oil**
- 1 cup onion, chopped
- 3 garlic cloves, minced
- 1 lb. lean ground beef
- 1/4 tsp salt & 1/4 tsp black pepper**
- 1/4 tsp crushed red pepper flakes
- 1 1/2 cups marinara sauce
- 1/4 cup pitted kalamata olives, coarsely chopped
- 1 pound cauliflower florets
- Cooking spray**
- 2 TB Italian seasoned breadcrumbs
- 1/3 cup grated Parmesan cheese

DIRECTIONS:

1. Coarsely chop the **Kalamata olives**; set aside. Peel **garlic cloves** and chop finely to mince; set aside.
2. Heat a large skillet over medium-high heat. Add **1 TB oil** to pan; swirl. Add **onions**; sauté 4 minutes. Add minced **garlic**; sauté for 30 seconds, stirring constantly. Stir in **ground beef**. Season with **1/4 tsp salt & 1/4 tsp black pepper** and **crushed red pepper flakes** (to taste/desired spice preference) and sauté until ground beef is browned and no longer pink, stirring to crumble. Stir in **marinara sauce** and **olives**, until combined. Remove pan from heat.
3. Preheat broiler on oven.
4. Place the **cauliflower florets** in microwave safe dish with 1/4 inch of water, cover with microwave safe lid or saran wrap and microwave for 3 minutes or until crisp-tender. Place cooked **cauliflower** in an 11 x 7-inch broiler-safe baking dish coated with **cooking spray**; top with **beef sauce mixture**.
5. Sprinkle the top with **Italian seasoned breadcrumbs** and **Parmesan cheese** over cauliflower/beef sauce mixture. Broil 4 minutes or until browned.

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