



Thai Coconut Chicken Soup

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

440 calories

10g total fat

700mg sodium



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

- 2 TB olive oil, divided**
- Salt & black pepper, to taste**
- 1 1/2 cups mushrooms, sliced
- 1 cup red bell pepper, chopped
- 4 tsp fresh ginger, peeled and minced
- 3 garlic cloves, minced
- 2 (3-inch) stalks lemongrass, halved lengthwise—Rinse before using
- 2 tsp sambal oelek (ground fresh chili paste)
- 32 oz. low sodium chicken broth
- 1 can coconut milk
- 4 tsp fish sauce
- 1 TB sugar**
- 1.5 lbs. chicken breasts
- 1 TB olive oil**
- 4 green onions, thinly sliced
- 3 TB fresh cilantro, chopped
- 1 lime, quartered
- 4 ciabatta rolls

DIRECTIONS:

1. In a large nonstick skillet heat **1 TB olive oil** over medium high heat. Season chicken with **salt & black pepper** to taste. Sear and cook **chicken breasts** until browned and no longer pink inside; about 8 minutes, flipping halfway. Remove **chicken**, let it rest a few minutes and then thinly slice. Set aside.
2. Wash, peel and mince the **ginger** and the **garlic cloves**. Rinse, dry and slice the **mushrooms**, discarding the stems. Rinse **lemongrass stalks** and halve length wise. Chop **cilantro leaves** to make 3 TB, thinly slice **4 green onions** and quarter **lime**—set all aside.
3. Heat a Dutch oven or large pot over medium heat. Add **1 TB olive oil** to pan; swirl to coat. Add **sliced mushrooms, bell pepper, minced ginger & garlic and lemongrass**; cook 3 minutes, stirring occasionally. Add **sambal oelek (chili paste)**; cook 1 minute. Add **chicken broth, coconut milk, fish sauce, and sugar**; bring to a boil. Reduce heat to low; simmer for 10 minutes. Add **sliced chicken** to pot; cook for 10 minutes or until thoroughly heated. Discard **lemongrass** before serving.
4. Portion into bowls and top with **sliced greens onions, chopped cilantro, and a squeeze of lime juice to taste**.
5. Warm **ciabatta rolls** in a 400 degree oven for 8-10 minutes.

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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Honey Garlic Pork Chops and Moroccan Roasted Green Beans

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

413 calories

16g total fat

316mg sodium



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

- 1 lb. green beans, washed and trimmed
- 2 TB olive oil**
- 1/2 TB Garam Masala
- Salt and pepper, to taste**
- 4 pork chops
- 1/2 cup ketchup
- 3TB honey
- 2 TB low-sodium soy sauce
- 2 cloves garlic, minced
- 1 (14 oz) can chicken broth
- 1 cup orzo
- Drizzle of olive oil**
- Green onions, thinly sliced
- Aluminum foil**
- Non-stick cooking spray**

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Wash and trim the **green beans**. Toss **green beans, 2 TB olive oil, 1/4 tsp salt, 1/4 tsp black pepper and 1/2 TB Garam Masala** in a bowl. Spread out on a large cookie sheet. Roast for 15 minutes. Remove from the oven and stir. Return to the oven and roast an additional 5-10 minutes, until desired tenderness.
3. Whisk **ketchup, honey, soy sauce**, and minced **garlic** together in a bowl to make a glaze.
4. **Baked pork chops:** Preheat oven to 400 degrees. Line a baking sheet with aluminum foil sprayed with cooking spray. Place pork chops on sheet and lightly brush glaze onto each side of the chops and place in the oven with the green beans. Cook until no longer pink in the center, about 7 to 9 minutes per side. An instant read thermometer inserted into the center should read 145 degrees F (63 degrees C) OR **Grilled pork chops:** Preheat grill on medium heat and lightly oil the grate. Sear the **pork chops** on both sides on the preheated grill, lightly brush glaze onto each side as the pork chops grill, cook until no longer pink in the center, about 7 to 9 minutes per side. An instant thermometer inserted into the center should read 145 degrees F or (63 degrees C) .
5. Bring the can of **chicken broth** to boil. Add **orzo** and cook for 8 minutes, stirring occasionally. Drain if any liquid is left. Drizzle with a little **olive oil** and garnish with **thinly sliced green onions**.

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