



## Turkey and Green Bean Stir Fry

Prep Time: 15 min.  
Cook Time : 30 min.  
Serves: 4

### NUTRITION FACTS, PER SERVING:

480 calories  
13 g total fat  
506 mg of sodium



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

- 1 1/2 cups basmati rice
- 1 lb green beans, trimmed
- 3 TB vegetable oil\*\*
- 1/2 tsp sugar\*\*
- 1 lb ground turkey
- 1 garlic clove, minced
- 2 tsp Sambal Oelek or Asian chili paste
- 1 cup low sodium chicken broth
- 2 TB low sodium soy sauce
- 1 TB rice vinegar
- 2 tsp cornstarch\*\*

### DIRECTIONS:

1. Bring 2 cups of **water** and a pinch of **salt** to boil in a medium size pot. Add the **rice**, stir, cover and cook on low for about 18 minutes or until rice is tender.
2. While the rice cooks, preheat the broiler. Toss the washed and trimmed **green beans** with **1 1/2 TB of vegetable oil** and the **sugar** on a rimmed baking sheet. Broil, stirring once, until the **beans** are tender and charred, about 5 to 8 minutes. Watch the pan carefully when broiling to ensure you do not overcook the beans.
3. Heat the remaining **1 1/2 TB of vegetable oil** in a large nonstick skillet over medium high heat. Add the **turkey** and cook breaking it up with a wooden spoon until browned, about 5 minutes. Add the **minced garlic** and the **chili paste** and cook until the garlic is slightly golden, about 3 minutes.
4. Whisk the **chicken broth**, **soy sauce**, **rice vinegar** and **cornstarch** in a bowl. Add the **green beans** to the skillet with the **turkey mixture** and cook stirring for about 1 minute. Add the **soy sauce mixture** and cook stirring occasionally, until the sauce thickens slightly, about 3 minutes. Serve with the **rice**.

*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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## Cilantro Lime Shrimp Foil Packs

Prep Time: 20 min.

Cook Time : 30 min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

243 calories

11 g total fat

934 mg of sodium



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

- 1 lb. medium shrimp, peeled and deveined
- 3 ears of corn, cut/broken into 3rds
- 1 medium to large zucchini thickly sliced
- 2 garlic cloves, minced
- 2 tsp ground cumin
- 1/2 tsp crushed red pepper flakes
- 2 TB fresh cilantro, chopped
- Olive oil for drizzling\*\*
- Kosher salt\*\*
- Freshly ground black pepper\*\*
- 2 limes, sliced into rounds
- 2 TB butter\*\*
- Roasted Garlic and Olive Oil Couscous

### DIRECTIONS:

1. In a large bowl, combine **shrimp, corn, zucchini, garlic, cumin, red pepper flakes and cilantro**. Drizzle with **olive oil**, season with **salt** and **pepper** and toss until well combined.
2. Lay out four pieces of foil. Divide **shrimp mixture** between foil and top with a pat of **butter** and **lime slices**. Seal packs. Arrange packs on a cookie sheet.
3. Preheat oven to 400 degrees. Add **shrimp packs** and cook for 20 minutes or until shrimp is pink and cooked through.
4. Cook **couscous** according to package instructions. Set aside.
5. Serve right away. Be careful with the steam when opening foil packs.

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