



Mongolian Beef with Spring Onions and Broccoli over Jasmine Rice

Prep Time: 20 min
Cook Time : 35 min
Serves: 4

NUTRITION FACTS, PER SERVING:

391 calories
12.1 g of fat
723 mg of sodium



INGREDIENTS: ** Items not included in kit

- 2 teaspoons vegetable oil**
- 1 tablespoon finely chopped garlic
- 1/2 teaspoon grated fresh ginger
- 1/3 cup low sodium soy sauce
- 1/2 cup water**
- 2/3 cup dark brown sugar
- 1 pound beef strips thinly sliced
- 1/4 cup cornstarch
- 1/3 cup vegetable oil for frying**
- 1 bunch green onions, cut in 2-inch lengths
- 1 1/2 cups of Jasmine Rice - see attached cooking instructions for rice
- 2 cups broccoli florets

DIRECTIONS:

1. Cook **rice** according to instructions.
2. Heat 2 teaspoons of **vegetable oil** in a saucepan over medium heat, and cook and stir the **garlic** and **ginger** until they release their fragrance, about 30 seconds. Pour in the **soy sauce, water, and brown sugar**. Raise the heat to medium-high, and stir 4 minutes, until the sugar has dissolved and the sauce boils and slightly thickens. Remove sauce from the heat, and set aside.
3. Place the **sliced beef** into a bowl, and stir the cornstarch into the beef, coating it thoroughly. Allow the **beef and cornstarch** to sit until most of the juices from the meat have been absorbed by the cornstarch, about 10 minutes.
4. Heat the **vegetable oil** in a deep-sided skillet or wok to 375 degrees F (190 degrees C).
5. Shake excess **cornstarch** from the **beef slices**, and drop them into the hot oil, a few at a time. Stir briefly, and fry until the edges become crisp and start to brown, about 2 minutes. Remove the **beef** from the oil with a large slotted spoon, and allow to drain on paper towels to remove excess oil.
6. Pour the **oil** out of the skillet or wok, and return the pan to medium heat. Return the **beef slices** to the pan, stir briefly, and pour in the **reserved sauce**. Stir once or twice to combine, and add the **green onions**. Bring the mixture to a boil, and cook until the onions have softened and turned bright green, about 2 minutes. If sauce is not thick enough, you can dissolve **1 tsp cornstarch** into **1 tsp of water** and add at the end to thicken the sauce.
7. Rinse **broccoli florets** and place in a microwave safe dish with **1 TB of water**. Cover and microwave for 2 1/2 minutes. Drain well and add to the **beef, sauce and green onion** mixture. Stir to combine and serve over **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.

Proudly Sponsored by:





Tuscan Chicken with Couscous and Summer Vegetables

Prep Time: 15 min
Cook Time : 35 min
Serves: 4

**NUTRITION FACTS, PER SERVING:

540 calories
9 g of total fat
270 gm of sodium



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

- 4 boneless skinless chicken breasts
- 1 cup pearl couscous
- 1 zucchini, sliced
- 2 garlic cloves
- 8 oz green beans, washed and trimmed
- 1/2 cup grated parmesan cheese
- 1/2 tsp red pepper flakes
- 2 Tbsp red wine vinegar
- 3 Tbsp raisins
- 1/2 lb. cherry tomatoes
- 2 Tbsp Spice blend (ground fennel seeds, whole fennel seeds, ground rosemary, ground sage)
- Olive oil*
- Salt and Pepper**

DIRECTIONS:

1. Heat a medium pot of salted water to boiling on high. Add the **couscous** and cook for 5 minutes. Add the washed and trimmed **green beans** and continue to cook for 5 minutes, or until tender. Turn off the heat, drain thoroughly and return to the pot. Add the **raisins** and a drizzle of olive oil. Stir to combine and season with **salt** and **pepper** to taste. Cover and keep warm.
2. Wash and dry the fresh produce. Pat the **chicken** dry with paper towels; season on both side with a pinch of **salt**, **pepper** and **spice blend** to lightly coat the chicken (don't overcoat with the spice blend, you may have extra). In a medium nonstick pan, heat **2 tsp of olive oil** on medium high until hot. Add the **seasoned chicken** and cook 6-7 minutes per side, until browned and cooked through. Transfer the chicken to a plate and cover with foil.
3. Peel the **garlic** and using the flat side of your knife, smash each clove once to flatten. Halve the **tomatoes**; place them in a bowl and season with **salt** and **pepper**.
4. Add **1 Tbsp of olive oil** to the pan where you cooked the chicken and heat on medium high. Add the sliced zucchini and smashed garlic. Cook without stirring for 3-4 minutes, or until lightly browned. Add the **seasoned tomatoes** and as much **pepper flakes** as you'd like depending on how spicy you like it. Cook for 2 minutes. Turn off the heat and add the **vinegar**. Carefully remove and **discard** the **garlic**.
5. Slice the cooked chicken crosswise. Serve the cooked couscous and green beans topped with the cooked vegetables and sliced chicken. Garnish with the **parmesan cheese** and a drizzle of **olive oil**.

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.

Proudly Sponsored by:





How to Cook Rice on the Stove

Ingredients:

1 1/2 cups rice
3 cups water
1/2 teaspoon salt
1 tablespoon butter or oil (optional)

Equipment:

Small (2-quart or so) saucepan with a lid
Stirring spoon

DIRECTIONS:

Pre-cooking: It's good practice to rinse your rice in a strainer before cooking with the exception of Jasmine Rice. This isn't strictly necessary, but it will rinse off any dusty starch on the surface of the rice along with any leftover chaff or stray particles. (Some type of rice have more starchy coating than others.)

1. Measure the Rice and Water: For most rice, use a 1:2 ratio of one cup of rice to two cups of water. Measure a half cup of uncooked rice per person and scale this ratio up or down depending on how much you're making. Some rice varieties will need a little less or a little more water as it cooks, so check the package for specific instructions.

2. Boil the Water: Bring the water to boil in a small sauce pan. Rice expands as it cooks, so use a saucepan large enough to accommodate. A 2-quart saucepan for one to two cups of uncooked rice is a good size.

3. Add the Rice: When the water has come to a boil, stir in the rice, salt, and butter (if using), and bring it back to a gentle simmer.

4. Cover and Cook: Cover the pot and turn the heat down to low. Don't take off the lid while the rice is cooking — this lets the steam out and affects the cooking time.

Approximate cooking times:

- White Rice: 18 to 25 minutes
- Brown Rice: 30 to 40 minutes
- Wild Rice: 45 to 60 minutes

Start checking the rice around 18 minutes for white rice and 30 minutes for brown rice. When done, the rice will be firm but tender, and no longer crunchy. It is fine if it's slightly sticky but shouldn't be gummy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off.

5. Turn Off the Heat and Remove the Lid: When the rice is done, turn off the heat and take off the lid. Fluff the rice with a spoon or a fork, and let it sit for a few moments to "dry out" and lose that wet, just-steamed texture.

Rice keeps well in the fridge for several days, so you can make extra ahead to serve later.