



Chinese Pepper Steak over Brown Rice

Prep Time: 10 min
Cook Time : 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:
394 calories
16.01 g of fat
683 mg of sodium



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

- 1 pound beef strips
- 1/4 cup low sodium soy sauce
- 2 tablespoons white sugar**
- 2 tablespoons cornstarch**
- 1/2 teaspoon ground ginger
- 3 tablespoons vegetable oil, divided**
- 1 red onion, cut into 1-inch squares
- 2 green bell peppers, cut into 1-inch squares
- 2 tomatoes, cut into wedges
- 1 1/2 cups brown rice

DIRECTIONS:

1. Bring 3 cups of water, **1/2 tsp of salt** and **2 tsp vegetable oil** in a medium saucepan to boil. Rinse the rice under cold water and then add it to the boiling water. Stir, bring back to a gentle boil, reduce heat to low, cover and cook 30 to 40 minutes or until water has been absorbed and the rice is tender. Don't remove the lid while rice is cooking. Check at 30 minutes for doneness.
2. Whisk together **soy sauce, sugar, cornstarch, and ginger** in a bowl until the sugar has dissolved and the mixture is smooth. Place the **steak slices** into the marinade, and stir until well-coated.
3. Heat **1 tablespoon of vegetable oil** in a wok or large skillet over medium-high heat, and place **1/3 of the steak strips** into the hot oil. Cook and stir until the beef is well-browned, about 3 minutes, and remove the beef from the wok to a bowl. Repeat twice more, with the remaining beef, and set the cooked beef aside.
4. Return all the **cooked beef** to the hot wok, and stir in the **onion**. Toss the beef and onion together until the onion begins to soften, about 2 minutes, then stir in the **green peppers**. Cook and stir the mixture until the peppers have turned bright green and started to become tender, about 2 minutes, then add the **tomatoes**, stir everything together, 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.

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Crispy Baked Cod with Cheesy Potatoes and Roasted Broccoli

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

NUTRITION FACTS, PER SERVING:
410 calories
6 g fat
530 mg of sodium



INGREDIENTS: ** Items

- 4 cod fillets
- 1 lemon
- 1 garlic clove
- 2 Tbsp Dijon mustard
- 1/2 cup grated parmesan cheese (dived)
- 12 oz broccoli florets
- 1/2 cup panko breadcrumbs
- 2 Tbsp Italian seasoning
- 1 lb. red or golden potatoes
- Olive oil**
- Salt and Pepper**

DIRECTIONS:

1. Preheat oven to 450 degrees. Wash and dry the fresh produce. Line a sheet pan with foil. Spray with nonstick spray. Thinly slice the **potatoes** into rounds. Place in a large bowl; drizzle with **1 tsp olive oil** and **season with salt and pepper**, and **half of the Italian seasoning**. Toss to coat. Transfer the seasoned potatoes to the sheet pan and arrange in an even layer.
2. Put the **broccoli** florets in the large bowl you tossed the potatoes and drizzle with olive oil and season with salt and pepper. Transfer to another sheet pan lined with foil and sprayed with nonstick spray. Place the both potatoes and broccoli in the oven and roast for 15 to 16 minutes, or until both are browned and tender when pierced with a fork. Remove from the oven and set aside.
3. While potatoes and broccoli cook, peel the **garlic**; using a zester finely grate into a paste. Quarter and deseed the **lemon**. In a bowl, combine the **breadcrumbs, garlic paste, half of the parmesan cheese, the juice of 2 lemon wedges, 2 tsp olive oil** and the **remaining Italian seasoning**.
4. Line a separate sheet pan with foil. Lightly oil the center of the foil with **1/2 tsp of olive oil**. Pat the **fish** dry with paper towels. Season with **salt and pepper** on both sides. Transfer to the oiled portion of the foil. Evenly spread the **mustard** onto the fish, then top with the **breadcrumb topping**, pressing to adhere. Bake 14 to 16 minutes, or until topping is browned and the fish is cooked through. Remove from the oven.
5. Evenly top the **roasted potatoes** with the remaining **grated cheese**. Return to the oven and roast 2 to 4 minutes, or until cheese is melted. Remove from the oven, top the **roasted broccoli** with the **juice of the remaining lemon wedges**.

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