



## 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
- 1 green bell pepper, cut into 1-inch squares
- 2 tomatoes, cut into wedges
- 1 1/2 cups brown rice

### DIRECTIONS:

1. Cook **rice** according to attached instructions.
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 pepper**. Cook and stir the mixture until the pepper has 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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## Tilapia Fish Tacos With Cabbage Slaw

Prep Time: 20 min

Cook Time : 25 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

461 calories

24% of calories from fat

512 mg of sodium



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

- 4 cups shredded cabbage
- 1 small carrot, shredded
- 3 green onions, thinly sliced
- 1 jalapeno, seeded and minced (optional)
- 1 clove garlic, minced
- 1 Tbsp. lime juice
- 2 Tbsp. mayonnaise
- 4 tilapia fillets (1—1 1/2 lbs)
- 1/3 cup all purpose flour\*\*
- 1/2 tsp salt\*\*
- 1/4 tsp black pepper\*\*
- 1/4 tsp paprika
- Sugar or honey to taste\*\*
- Salt and pepper to taste\*\*
- 12 corn tortillas
- Vegetable or canola oil for frying the fish\*\*

#### Garnish

- Cilantro leaves
- Avocado slices
- Lime wedges

### DIRECTIONS:

1. To prepare the slaw: place the **shredded cabbage** in a bowl and sprinkle with **1/2 tsp salt**. Massage and squeeze the cabbage with your hands to help it release its liquid and begin wilting. Transfer the **cabbage** to a strainer and set aside over a bowl to drain for about 15 mins.
2. Squeeze the **cabbage** of its excess liquid, one handful at a time, and transfer to a mixing bowl. Add the **shredded carrots, green onions and jalapeno** (if using). **Use caution when handling hot peppers, you may want to use gloves to seed and dice the pepper and avoid touching your eyes afterwards.** Toss to combine.
3. Whisk together the **minced garlic, lime juice and mayonnaise**. Taste and add **sugar or honey, salt and pepper** to taste. Pour over the cabbage mix and toss to combine.
4. Place the **flour, 1/2 tsp salt, 1/4 tsp pepper and paprika** in a shallow pan. Pat the **fish** dry, then dredge in the flour mixture.
5. Heat **oil** in a nonstick skillet over medium high heat. Add the **fish** one at a time or if pan is large enough two at a time with some space in between. Cook for 3 minutes per side and carefully flip one with spatula, until both sides are golden brown and flakes apart easily in the thickest part. Transfer **fish** to a plate and flake into large chunks.
6. Warm **tortillas** on a large heavy skillet until soft and warm. Keep them wrapped in a clean cloth as you go.

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# 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.