



Vegetarian Korma

Prep Time: 15 min
Cook Time : 40 min
Serves: 4

NUTRITION FACTS, PER SERVING:

462 calories
22.36 total grams of fat
996 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 1/2 tablespoons vegetable oil**
- 1 small onion, diced
- 1 teaspoon minced fresh ginger root
- 4 cloves garlic, minced
- 2 potatoes, cubed
- 4 carrots, cubed
- 1 fresh jalapeno pepper, seeded and sliced
- 3 tablespoons ground unsalted cashews
- 1 (4 ounce) can tomato sauce
- 1 1/2 teaspoons salt**
- 1 1/2 tablespoons curry powder
- 1 cup frozen green peas
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1 cup heavy cream
- 1/2 bunch fresh cilantro for garnish
- Tandoor Baked Naan Bread

DIRECTIONS:

1. Heat the **oil** in a skillet over medium heat. Stir in the **onion**, and cook until tender. Mix in **ginger** and **garlic**, and continue cooking 1 minute. Mix **potatoes**, **carrots**, **jalapeno** (**use caution when handling hot peppers, you may want to use gloves to seed and dice the pepper and avoid touching your eyes afterwards**), **cashews**, and **tomato sauce**. Season with **salt** and **curry powder**. Cook and stir 10 minutes, or until **potatoes** are tender.
2. Stir **peas**, **green bell pepper**, **red bell pepper**, and **cream** into the skillet. Reduce heat to low, cover, and simmer 10 minutes. Garnish with **cilantro**.
3. To warm up the **naan bread**, preheat oven to 400 degrees, sprinkle lightly with water on each side (a spray bottle works best), and bake 2-3 minutes. Once is warmed, brush lightly with butter.

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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Coconut Rice with Brussel Sprouts

Prep Time: 15 min.

Cook Time : 40 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

556 calories

26.58 g total fat

302 mg of sodium



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

- 1 1/2 cups jasmine rice
- 1 1/4 cups canned coconut milk
- 1 1/4 cups water
- 2 teaspoons coconut oil or vegetable oil**
- 2 cups halved Brussels sprouts
- Pinch of salt
- ¼ cup chopped green onions
- 1/4 cup water
- ¼ cup torn fresh basil
- ¼ cup torn fresh mint
- 1 small avocado, pitted and diced
- 1 tablespoon sesame seeds
- Sriracha and lime wedges, for serving

Sauce

- 1 tablespoon low sodium soy sauce
- 2 small garlic cloves, pressed or minced
- 2 teaspoons lime juice
- 2 teaspoons rice vinegar
- 1 tablespoons sugar
- 2 tablespoons water**

DIRECTIONS:

1. Bring **coconut milk and water** to a slow boil over medium heat in a medium nonstick pot. Keep an eye on it, coconut milk tends to bubble over. Add the **jasmine rice**, reduce heat to low, cover, and cook for 15 minutes. Remove from heat and let it sit covered for another 10 minutes. Fluff with a fork.
2. Make the **sauce**: In a small bowl, whisk together the **soy sauce, garlic, lime juice, vinegar, sugar, water and red pepper flakes**. Set aside.
3. Cook the **sprouts**: Heat the **coconut oil or vegetable oil** in a large skillet over medium heat until shimmering. Add the **sprouts**, cut side down, along with a pinch of **salt**. Let them sear until the cut side becomes golden brown, 2 to 3 minutes. Toss add 1/4 cup water, cover and continue cooking for an additional 7 to 10 minutes, or until tender. Add the **green onions** during the last 2 minutes of cooking, then remove the pan from heat.
4. Divide the **rice** into bowls and top with Brussels **sprouts, sauce, basil, mint, avocado and sesame seeds**. Serve with **sriracha and lime wedges** on the side.

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