



Beef And Brussel Sprout Stir– Fry

Prep Time: 15 min.

Cook Time : 15 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

350 calories

10 g of fat

679 mg of sodium



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

- 1 pound flank steak sliced thin
- 1/4 teaspoon salt **
- 1/8 teaspoon freshly ground pepper **
- 2 tablespoons peanut oil, divide **
- 1/2 cup beef broth
- 1 tablespoon light brown sugar
- 2 tablespoons soy sauce
- 2 teaspoons lime juice
- 1/2 teaspoon cornstarch**
- 12 ounces fresh Brussels sprouts, trimmed and halved (rinse before use)
- 1 red jalapeño, sliced
- 1 tablespoon grated fresh ginger
- 2 garlic cloves, thinly sliced
- 1/4 cup chopped fresh mint
- Hot cooked rice

DIRECTIONS:

1. Cut **steak** diagonally across the grain into thin strips. Sprinkle with **salt** and **pepper**.
2. Stir-fry steak, in 2 batches, in 1 Tbsp. hot **oil** in a large cast-iron or stainless-steel skillet over high heat 2 to 3 minutes or until meat is no longer pink. Transfer to a plate, and wipe skillet clean.
3. Whisk together **beef broth, brown sugar, soy sauce, lime juice, and cornstarch** in a small bowl until smooth.
4. Peel outer layer off of **garlic** and slice thinly. Set aside. Wash and slice **jalapeno pepper (use caution when handling hot peppers, you may want to use gloves to seed and dice the pepper and avoid touching your eyes afterwards)** and set aside. Peel outer layer off of **ginger** and grate. Set aside. Rinse and drain **Brussel sprouts**.
5. Stir-fry **Brussels sprouts** in remaining **1 Tbsp. hot oil** over high heat 2 minutes or until lightly browned. Add **jalapeño pepper, ginger, and garlic**, and stir-fry 1 minute. Pour **soy sauce mixture** over **Brussels sprouts**, and bring mixture to a boil. Cook, stirring often, 3 to 4 minutes or until sprouts are tender. Stir in **mint and steak**. Serve over rice.
6. In a sauce pan bring **3 cups of water** to a boil. Once water is boiling add **1 1/2 cup rice and 1 pinch salt**. Lower heat to a gentle simmer. Cook rice with lid on for 20 minutes or until 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. 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.

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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Chicken Apple Burger

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

NUTRITION FACTS, PER SERVING:

385 calories
12 g. total fat
610 mg of sodium



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

- 2 apples, 1 sliced thinly and 1 grated
- 1 tsp. Rotisserie Chicken Seasoning
- 1/2 tsp. salt**
- 1/4 tsp. pepper**
- 1.5 lb. ground chicken
- 1/4 cup finely chopped celery
- 4 hamburger buns
- 1/2 cup whole-berry cranberry sauce
- 1 lb. broccoli
- 2 TB olive oil**
- 1/2 tsp salt**
- 1/2 tsp black pepper**

DIRECTIONS:

1. **Thinly slice one apple.** Peel and coarsely **grate the other apple** into shreds. Spray ridged grill pan or grill with cooking spray; heat to medium-high heat until hot.
2. In medium bowl, stir **shredded apple** with **rotisserie chicken seasoning, 1/2 tsp. salt and 1/4 tsp. ground black pepper** until blended. Mix in **chicken and celery** until just combined, **do not over mix.** Shape **chicken mixture** into four 1/2-inch-thick burgers, handling mixture as little as possible.
3. Preheat oven to 450 degrees F. **Wash and cut broccoli into florets.** Toss broccoli with **olive oil, salt and pepper** on a baking sheet. Spread them out and roast until the edges are crispy, about 20 minutes.
4. Place **chicken burgers** on grill pan/grill; cook 10 to 12 minutes or until chicken loses its pink color throughout, turning over once after 6 minutes. Serve burgers on **buns with apple slices and cranberry sauce.**

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