



## Teriyaki Stir Fry with Snap Peas and Lime Rice

Prep time: 20 min.  
Cook Time : 25 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

641 calories  
46.9 g of fat  
712 mg of sodium



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

- 1.5 lbs stir fry beef
- 1 1/2 cups jasmine rice
- 4 garlic cloves
- 4 oz sugar snap peas
- 4 green onions
- 1 lime
- 1" piece of ginger
- 1/3 cup roasted peanuts
- 1/4 cup teriyaki sauce
- 3 radishes
- 2 tsp lime zest
- Olive oil\*\*
- Salt and pepper\*\*

### DIRECTIONS:

1. Wash and dry the fresh produce. Peel and roughly chop the **garlic**. Using a zester, zest the **lime** avoiding the white part (pith), which is bitter to get 2 tsp of zest. Quarter the **lime**. Cut off and discard the ends of the **radishes**. Quarter the **radishes** lengthwise, then thinly slice crosswise. Peel and finely chop the **ginger**. Cut off and discard the roots of the **green onions**; thinly slice, separating the white bottoms and green tops. Cut off and discard the stem end of each **snap pea**; pull off and discard the tough string that runs the length of the pod.
2. In a small pot, combine the **rice**, **1 tsp lime zest**, a pinch of **salt** and **2 cups of water**. Heat to boiling on high. Once boiling, cover and reduce heat to low. Cook for 15 minutes or until rice is tender and water has been absorbed. Fluff with a fork, set aside and keep warm.
3. While the rice cooks, in a large nonstick skillet, heat **2 tsp of olive oil** on medium high heat. Add **half** the **garlic**, cook stirring constantly for 30 seconds or until fragrant. Reduce heat to low and add the **peanuts**, cook stirring frequently 1 to 2 minutes, add the other **1 tsp lime zest**, cook for 30 seconds to 1 minute or until fragrant. Transfer to a paper towel lined plate and season with salt. Wipe the skillet .
4. Heat **1 Tbsp of olive oil** in the same pan over medium high. Add the **radishes**, cook stirring frequently for 2-3 minutes. Add the **ginger**, **white bottoms of the onion**, **snap peas** and **remaining garlic**. Cook for 3-4 minutes. Transfer to a plate.
5. Separate the **beef** and pat dry with paper towels. Season with **salt** and **pepper**. Heat **1 Tbsp of olive oil** on medium high and stir fry half of the beef. Take out and transfer to the plate with vegetables. Repeat with remaining beef. Return the cooked beef and vegetables to the skillet. Add the **teriyaki sauce**. Cook stirring for 1 minute. Turn off heat. To the pot of rice, stir in the juice of all **4 lime wedges**. Serve beef over rice and garnish with the **peanuts** and the **green tops of the onions**.

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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## Shrimp and Broccoli Lo Mein

Prep Time: 15 min.

Cook Time : 15 min.

Serves: 4

**\*\*NUTRITION FACTS, PER SERVING:**

346 calories

9 g total fat

1050 mg of sodium



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

- 1 TB sesame oil
- 1 lb. shrimp, peeled and deveined—cut in half
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 1/3 cup thinly sliced carrots (matchstick)
- 8 oz whole grain spaghetti, cooked and drained (You were given 1 lb. measure out 8 oz.)
- 3 green onions, chopped

**For the Sauce**

- 1/3 cup low sodium soy sauce (you can thin it out with water or no salt beef broth for less sodium)
- 2 TB brown sugar
- 1 TB sesame oil

**DIRECTIONS:**

1. Cook **pasta** al dente according to package instructions. Drain and set aside.
2. Rinse, pat dry the **shrimp** and cut them in half.
3. Drizzle a large nonstick skillet with **1 TB sesame oil**. Over medium high heat, cook **shrimp, peppers, broccoli** and **carrots** until veggies are tender and shrimp is pink, 5-7 minutes.
4. In a separate small bowl whisk together all the **sauce ingredients** and add to the **shrimp and veggie mixture**. Bring to a boil, then reduce heat to a simmer.
5. Stir in **cooked noodles** and **chopped green onions** and cook for 3-4 minutes longer. Serve immediately.

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