



Thai Beef Cabbage Cups

Prep Time: 15 min
Cook Time : 20 min
Serves: 4

NUTRITION FACTS, PER SERVING:

292 calories
16.7 g of total fat
516 mg of sodium



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

- 2 1/2 teaspoons sesame oil, *divided*
- 2 teaspoons minced ginger
- 1 1/2 teaspoons minced garlic
- 1 pound ground beef
- 1 tablespoon sugar**
- 2 tablespoons fresh lime juice
- 1 1/2 tablespoons fish sauce
- 1 tablespoon water**
- 1/4 teaspoon red pepper flakes
- 1/2 cup sliced red onion
- 1/2 cup chopped fresh cilantro (Rinse and dry before using)
- 8 large savoy cabbage leaves
- **Optional:** 2 tablespoons finely chopped unsalted, dry-roasted peanuts**

DIRECTIONS:

1. Peel and mince **garlic**; rinse and chop **cilantro**; rinse, peel and mince **ginger** and set aside. Peel outer layers of **cabbage** leaves and discard. Then pull eight leaves for cabbage cups, rinse and pat dry.
2. Heat a large nonstick skillet over medium-high heat. Add **2 teaspoons sesame oil** to pan; swirl to coat. Add **ginger** and **garlic**; cook 1 minute, stirring constantly. Add **beef**; cook 5-7 minutes or until browned, stirring to crumble.
2. Combine remaining **1/2 teaspoon sesame oil, sugar, lime juice, fish sauce, water, and red pepper flakes in a large bowl**. Add **beef mixture, sliced onion, and cilantro** (chopped); toss well. Place **2 cabbage leaves** on each of 4 plates; divide **beef mixture** evenly among leaves. **Optional:** Top each serving with **1 1/2 teaspoons peanuts**.

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 and Sauce with Kale, Potatoes & Apples



Prep Time: 20 min

Cook Time : 30 min

Serves: 4

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

404 calories

16.88 g fat

837 mg of sodium



INGREDIENTS: ** Items not included in kit

- 4 boneless chicken breasts
- 1 apple
- 1 bunch of kale
- 1 red onion, diced
- 3/4 lb Yukon gold potatoes
- 3 Tbsp butter**
- 3 Tbsp sliced roasted almonds
- 2 Tbsp white wine vinegar
- 2 Tbsp whole grain Dijon mustard
- Olive oil**
- Salt and Pepper**

DIRECTIONS:

1. Wash and dry the fresh produce. Remove and discard the stems of the **kale**; roughly chop the leaves. Quarter the **potatoes** lengthwise; cut crosswise into 1/2 inch thick pieces. Peel, quarter and core the **apple**; cut crosswise into 1/2 inch pieces.
2. In a medium nonstick skillet, heat **2 tsp of olive oil** over medium high. Add the **chopped kale**; season with **salt** and **pepper**. Cook stirring frequently 1 to 2 minutes. Add **1/4 cup water**. Continue cooking for another 3 minutes until **kale** is wilted and water has evaporated. Transfer to a bowl. Wipe the pan clean.
3. Heat **2 tsp of olive oil** over medium high heat. Add the **potatoes** and cook stirring occasionally 6 to 8 minutes or until golden brown. Add the **apples** and **diced onions**. Season with **salt** and **pepper**. If the pan seems dry add a drizzle of **olive oil**. Cook for another 7 to 8 minutes. Add the **cooked kale** and **mustard** and cook stirring for a couple of minutes. Turn off the heat and cover with foil to keep warm.
4. While the vegetables cook. Pat the **chicken** dry with paper towels, season with **salt** and **pepper**. In a separate medium nonstick skillet, heat **2 tsp of olive oil** on medium high heat. Add the seasoned chicken and cook 6 minutes per side, or until cooked through. Transfer chicken to a plate and cover to keep warm.
5. Add the **white wine vinegar**, **butter** and **1/4 cup of water** to the pan where you cooked the chicken. Cook stirring constantly scraping up any browned bits. Serve the cooked chicken and vegetables topped with the pan sauce and **almonds**.

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