



Thai Beef Cabbage Cups

Prep Time: 15 min
Cook Time : 10 min
Serves: 2

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
- 1.5 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 before using)
- 8 large savoy cabbage leaves
- **Optional:** 2 tablespoons finely chopped unsalted, dry-roasted peanuts**

DIRECTIONS:

1. Rinse, 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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Adobo Chicken

Prep Time: 20 min

Cook Time : 20 min

Serves: 4

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

483 calories

14.4g fat

888 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 Tbsp. canola oil**
- 8 bone-in chicken thighs **Hoffman's Meat Market, Hagerstown MD**
- 2 cups chopped onion
- 2 ½ tsp. minced garlic
- 6 Tbsp. low-sodium soy sauce
- 3 Tbsp. water**
- 3 Tbsp. white vinegar
- 2 Tbsp. honey
- ½ tsp. black pepper**
- 1 bay leaf
- 1 1/2 cups rice

DIRECTIONS:

1. Prepare **rice** according to instructions provided. Set aside.
2. Heat **oil** in a large nonstick skillet over medium-high heat. Add **chicken** to pan; sauté 4 minutes on each side or until browned. Remove **chicken** from pan. Add **onion** to pan; sauté 3 minutes. Add **garlic**; sauté 1 minute, stirring frequently.
3. Return **chicken** to pan. Add **soy sauce and next 5 ingredients (through bay leaf)**; bring to a boil. Reduce heat to medium; cover and cook 12 minutes. Uncover and cook 20 minutes or until chicken is done and sauce thickens. Discard **bay leaf**. Serve over **rice**.

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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.