

Introduction:

This Assignment was given so students could help prove that they could use their technical communication skills to write a set of instructions. I personally used my weekly meal prep as inspiration and taught everyone how I cooked my meals for the week. This was great practice and served as a way I could showcase this skill of mine.

“Chili Lime Chicken and Rice” Meal Prep Guide

This Meal Prep Guide is for those who want to save money and eat healthier. It includes 2 meals a day for 5 days. This guide is recommended for those who wish to start Meal Prep or cooking, no prior cooking experience needed.

Materials

Reusable Materials can be purchased cheaply online via Amazon or Walmart.

All produce and consumable materials can be purchased Easily Via “Walmart Pickup” App or any grocery store that is most convenient.

Reusable Materials:

- 10 Meal Prep Containers
- Medium pot
- Large Pan
- Large Knife
- Large Bowl
- 2 Cutting Boards
- Stovetop Heating Consumable Materials:
- 5-6lbs Chicken Breast
- 4 Mixed Colored Bell Peppers
- 3 Cups Uncooked Jasmine Rice
- 5 limes

Marinade Ingredients:

- Lime Juice of 2 limes
- 1 garlic
- 1 cup cilantro
- 5 teaspoon salt
- 2 teaspoon black pepper
- 3 tablespoons brown sugar
- 1.5 teaspoon cumin powder ● 6 teaspoons chili powder

Cooking Prep:

****When cutting anything, make sure your fingers are not exposed****

****Proper technique includes fingers closed, sliding the knife back and forth with little to no downward pressure****

Chicken:

1. Run water over chicken for 20-30 seconds and arrange on a cutting board.
2. Cut off excess fat from chicken breast
3. Cut evenly sized squares of chicken to ensure even cooking.
4. Set chicken squares aside in Large Bowl.



Peppers:

1. Cut Peppers in half from top to bottom.
2. Use your fingers to take out any of the extra white stemmy parts from inside your peppers
3. Make sure to clear all seeds from the peppers
4. Slice peppers in half inch to inch wide strips from the top to bottom of the peppers



Marinade:

1. Take excess outer material off of your cloves of garlic
2. Place garlic and cilantro onto other chopping board
3. Gently press down on the garlic with flat side of knife
4. Peel the rest of the excess garlic shell off and chop garlic into very small chunks.
5. Chop cilantro as fine as possible
6. Pour all other marinade ingredients into the bowl of chicken squares.
7. Clear your cutting board garlic and cilantro into the bowl of chicken squares.
8. Mix up all the ingredients and completely cover all of the chicken on all sides

Stovetop Cooking:

Rice:

1. Pour 3 cups of uncooked jasmine rice into your medium pot.
2. Pour 4 and ½ cups of water into your medium pot.
3. Bring mixture to a boil, stirring once.
4. Let mixture simmer for 15 minutes.
5. Take off of heat.



Chicken:

1. Lightly oil a large pan.
2. Pour half of the chicken bowl into a large pan.
3. Consistently drain extra oil from the pan, this will keep chicken from becoming rubbery in texture. If you see any oil boiling at the bottom and steaming the chicken, you need to drain it again
4. Cook chicken until all of the chicken is thoroughly cooked, occasionally cutting thicker pieces in half with your spatula and checking if there is any pink left on the meat. **There should be NO PINK left in meat to be considered fully cooked!**
5. Once the first pan is cooked, place on a large plate and let cool.

6. Load the last of the chicken from the bowl into the pan and cook in the same way you cooked the first round of chicken.

Peppers:

1. In the same pan as the chicken, pour all of the peppers into the pan.
2. Stir the peppers around gathering flavorful char off of the bottom of the pan onto the peppers
3. Cook until peppers are slightly charred.
4. Set aside when done.

By now you should have:

- 5-6 pounds cooked chicken breast cubed
- 4 peppers cooked and sliced.
- 9 cups of cooked rice.

Finishing touches:

Filling containers:

1. Evenly distribute rice to about half the size of the containers.
2. Let chicken cover the bottom of the rest of the containers:
3. Pile the peppers onto the chicken and the rice
4. Cut the 5 limes in half and garnish the plate with a half lime.

****Leave the containers open until the plates have returned to room temperature to avoid excess moisture buildup ****

Storage:

- Store in refrigerator for up to 4 days
- Freeze all meals that are outside of the 4 day window.
- Follow all FDA recommendations for food storage

Conclusion

By now you should have a delicious set of meals that could last you the majority of the week. This meal prep is cheap and easy to make. I strongly recommend anyone try this as it is so accessible for anyone of any level of experience cooking or meal prepping.

