

Popular Easy Recipes

Winner Winner Chicken Orzo Dinner with Cheesy Roasted Zucchini and Tomato



Although this recipe's zucchini and tomato medley is a side, it takes center stage in our eyes. It's equally as creamy as it is crispy, and the combination of panko, mozzarella, and Parmesan sprinkled on top is to thank for that. Served next to an herbed chicken breast and lemony orzo that keep things simple and satisfying, this meal keeps it light without lacking in flavor.

Allergens:Wheat•Milk

Produced in a facility that processes eggs, milk, fish, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

Total Time30 minutes

DifficultyEasy

Nutrition Values

/ per serving

Energy (kJ)3054 kJ

Calories730 kcal

Fat33 g

Saturated Fat15 g

Carbohydrate54 g

Sugar8 g

Dietary Fiber7 g

Protein61 g

Cholesterol160 mg

Sodium520 mg

Ingredients serving amount

2 4



1 unit Zucchini



1 unit Roma Tomato



1 tablespoon Italian Seasoning



3 ounce Orzo Pasta (Contains **Wheat**)



12 ounce Chicken Breasts



4 ounce Fresh Mozzarella (Contains **Milk**)



1 unit Lemon



¼ ounce Parsley



¼ cup Panko Breadcrumbs (Contains **Wheat**)



¼ cup Parmesan Cheese (Contains **Milk**)

Not included in your delivery



4 teaspoon Olive Oil

Salt



Pepper

Utensils

- Baking Sheet
- Large Pot
- Strainer
- Large Pan

Instructions

PDF



1

Wash and dry all produce. Adjust rack to upper position and preheat oven to 425 degrees. Bring a large pot of salted water to a boil. Slice zucchini into $\frac{1}{4}$ -inch-thick rounds. Cut tomato into $\frac{1}{2}$ -inch-thick wedges. Toss zucchini and tomato with 1 TBSP olive oil and half the Italian seasoning on a baking sheet. Season with salt and pepper.



2

Roast zucchini and tomato in oven until just shy of tender, about 10 minutes. Once water is boiling, add half the orzo from package to pot (use the rest as you like). Cook, stirring occasionally, until al dente, 9-11 minutes. Drain, then return to pot.



3

With your hand on top of one chicken breast, cut $\frac{3}{4}$ of the way through middle, parallel to cutting board, stopping before you slice through completely. Repeat with other chicken breast. Open each up and season all over with salt, pepper, and remaining Italian seasoning.



4

Heat a drizzle of olive oil in a large pan over medium-high heat. Add chicken and cook until no longer pink in center, 3-4 minutes per side. Remove from pan and set aside on a plate. Meanwhile, cut mozzarella into ½-inch cubes. Halve lemon. Roughly chop parsley.



5

Once veggies have roasted 10 minutes, remove baking sheet from oven. Heat broiler to high or increase oven temperature to 500 degrees. Sprinkle veggies with panko, mozzarella, and Parmesan. Broil (or bake) until panko is golden brown, cheese is melted, and veggies are tender, 3-5 minutes.



6

Add juice from one lemon half and half the parsley to pot with orzo and toss to combine. Season to taste with salt and pepper. Divide orzo between plates. Top with veggies and chicken. Drizzle with any chicken juices from plate and a squeeze of lemon. Garnish with remaining parsley and serve.

Spanish One-Pan Chicken

with Chorizo and Bell Peppers



In Spain, paella is something of a festive dish, made for large gatherings or celebrations and almost always cooked over a wood fire. Don't tell the Spaniards, but we think it's also a pretty great, quick and easy, one-pan stovetop recipe that can be enjoyed even in cozy and intimate settings. Filled with chicken, chorizo, and bright red peppers, our version feels like a meaty, savory, flavor-filled jubilee.

Tags:Gluten-free

Allergens:Milk

Produced in a facility that processes eggs, milk, fish, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

Total Time35 minutes

DifficultyEasy

Nutrition Values

/ per serving

Energy (kJ)0 kJ

Calories529 kcal

Fat14 g

Saturated Fat4.5 g

Carbohydrate54 g

Sugar6 g

Dietary Fiber5 g

Protein50 g

Cholesterol120 mg

Sodium706 mg

Ingredients

serving amount

24



12 ounce

Chicken Breasts



½ cup

Basmati Rice



2 ounce

Dried Chorizo

(Contains **Milk**)



1 unit

Yellow Onion



1 unit

Red Bell Pepper



¼ ounce

Parsley



1 unit

Lemon



2 clove

Garlic



1 unit

Chicken Stock Concentrate

Not included in your delivery

unit

Salt



unit

Pepper



1 teaspoon

Olive Oil

Utensils

- Large Pan

Instructions

PDF



1

Wash and dry all produce. Core, seed, and thinly slice bell pepper. Halve, peel, and dice onion. Mince or grate garlic. Slice chorizo into 1/4-inch-thick rounds.



2

Heat a large pan over medium heat. Add chorizo to pan and cook until it crisps and releases some of its oil, 1-2 minutes per side. Set aside, leaving oil in pan.



3

Season chicken on all sides with salt and pepper. Heat same pan over medium heat. (TIP: If pan seems dry, add a drizzle of oil.) Add chicken and sear until browned and cooked through, 5-6 minutes per side. Remove from pan and set aside.



4

Add onion, garlic, bell peppers, and a drizzle of oil to same pan over medium heat. Stir until just softened, 3-4 minutes. Add rice and stir to coat. Stir in 1 cup water, a pinch of salt, and chicken stock concentrate. Cover and reduce heat to low. Simmer until rice is tender, 15-20 minutes.



5

Meanwhile, cut lemon into wedges. Finely chop parsley. TIP: While you wait for rice to finish, try practicing this Spanish phrase: Con pan y vino se anda el camino (life is better with food and wine).



6

Fluff rice with a fork and season generously with salt and pepper. Place chicken on top and sprinkle with crispy chorizo. Remove pan from heat and sprinkle with parsley and a few squeezes of lemon.

Sweet Potato and Black Bean Tacos

with Avocado Crema



Not many tacos can boast that they're rich in vitamin A. Ours, however, are full of it, thanks to tender roasted cubes of sweet potato. They're joined by black beans and a zesty avocado crema to make for some of the most delectable veggie goodness you'll find inside the fold of a tortilla.

Tags:Veggie

Allergens:Milk•Wheat

Produced in a facility that processes eggs, milk, fish, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

Total Time45 minutes

Difficulty

Nutrition Values

/ per serving

Energy (kJ)0 kJ

Calories874 kcal

Fat38 g

Saturated Fat9 g

Carbohydrate110 g

Sugar16 g

Dietary Fiber21 g

Protein20 g

Cholesterol20 mg

Sodium678 mg

Ingredients

serving amount

24

12 ounce

Sweet Potatoes

1 unit

Yellow Onion

1 unit

Avocado

1 unit

Lime

$\frac{1}{4}$ ounce

Cilantro

2 clove

Garlic

1 box

Black Beans

1 teaspoon

Cumin

$\frac{1}{2}$ ounce

Honey

4 tablespoon

Sour Cream

(Contains **Milk**)

6 unit

Flour Tortilla

(Contains **Wheat**)

Not included in your delivery

2 tablespoon

Olive Oil

unit

Salt

unit

Pepper

Utensils

- Baking Sheet

- Large Pan

•Small Bowl

Instructions

PDF

1

Wash and dry all produce. Preheat oven to 400 degrees. Cut sweet potato into ½-inch cubes. Toss diced sweet potato on a baking sheet with 1 TBSP olive oil and a pinch of salt and pepper. Roast until tender and lightly browned, 15-20 minutes.

2

Meanwhile, halve, peel, and dice onion. Pick cilantro leaves off stems. Mince or grate garlic. Drain and rinse half a can of black beans (we sent more). Zest and halve lime.

3

Heat 1 TBSP olive oil in large pan over medium heat. Add onion and cook until softened, 5-6 minutes, tossing occasionally. Season with salt and pepper. Add garlic and black beans and toss until fragrant and warmed through, 3-4 minutes.

4

Wrap tortillas in aluminum foil and warm in oven, 5 minutes. Meanwhile, toss roasted sweet potatoes, honey, cumin, and juice of ½ a lime into pan and cook until liquid is mostly evaporated, 2-3 minutes. Season with salt and pepper.

5

Halve and pit avocado. Scoop out flesh from peel with a spoon. Cut one half into thin slices. Mash together other avocado half, sour cream, juice of $\frac{1}{2}$ a lime, and lime zest with a fork in a small bowl. Season with salt and pepper.

6

Spread avocado crema onto tortillas, then top each with sweet potato filling, avocado slices, and cilantro leaves.

Crispy Cheddar Frico Cheeseburgers

with Caramelized Onion Jam and Roasted Broccoli



We've taken cheeseburgers to the next level with the help of a little something called frico (aka cheese crisps). They look fancy-schmancy, but making them simply involves baking cheddar cheese until it reaches crispy, golden-brown perfection. On top of burgers with onion jam, tomatoes, and ketchup, they feel like a crowning achievement in topping technology.

Allergens:Milk•Eggs•Soy•Wheat

Produced in a facility that processes eggs, milk, fish, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

Total Time30 minutes

DifficultyEasy

Nutrition Values

/ per serving

Energy (kJ)3222 kJ

Calories770 kcal

Fat42 g

Saturated Fat17 g

Carbohydrate58 g

Sugar17 g

Dietary Fiber6 g

Protein42 g

Cholesterol150 mg

Sodium1010 mg

Ingredients

serving amount



1 unit

Red Onion



1 unit

Roma Tomato



2 unit

Brioche Buns

(Contains **Milk, Eggs, Soy, Wheat**)



10 ounce

Ground Beef



8 ounce

Broccoli Florets

1 tablespoon

Sherry Vinegar

½ cup

Cheddar Cheese

(Contains Milk)



2 tablespoon

Ketchup

Not included in your delivery



1 tablespoon

Olive Oil

1 teaspoon

Sugar

Salt



Pepper

Utensils

- Baking Sheet

- Large Pan

- Small Bowl

- Parchment Paper

Instructions

PDF



Wash and dry all produce. Preheat oven to 425 degrees. Halve, peel, and thinly slice onion. Slice tomato into rounds. Split buns in half. Shape beef into two evenly sized patties (make them slightly wider than the buns).



2

Toss broccoli on a baking sheet with a drizzle of olive oil and a pinch of salt and pepper. Roast in oven until lightly crisped, 15-20 minutes.



3

Heat a drizzle of olive oil in a large pan over medium-high heat. Add onion and cook, tossing, until soft, 5-6 minutes. Stir in 1 TBSP sherry vinegar (we sent more) and 1 tsp sugar. Simmer until liquid is nearly evaporated, 1-2 minutes. Season with salt and pepper. Transfer to a small bowl and set aside.



4

Line another baking sheet with parchment paper. Place cheddar on it in two even piles. Bake in oven until melted in middle and crispy at the edges, 5-7 minutes.



5

Meanwhile, heat a drizzle of olive oil in same pan over medium-high heat. Season patties all over with salt and pepper. Add to pan and cook to desired doneness, 3-6 minutes per side. Meanwhile, carefully remove frico from baking sheet. Discard parchment paper and place buns on sheet. Toast in oven until golden, 3-4 minutes.



6

Fill each bun with a burger, onion jam, tomato slices, ketchup, and a frico. Serve with broccoli on the side.

Crunchy Curried Chickpea Bowls

with Kale, Golden Raisins & Pickled Cabbage



Buckle up, because the power bowl just got a whole lot more powerful. Yep, this dish is a veritable one-bowl feast that's positively bursting with flavor. The base is savory, carrot-studded rice, and it's topped with pickled red cabbage, tender sautéed kale, curry-spiced crispy chickpeas, golden raisins, and a tangy curry-lemon dressing. It doesn't get much better than that.

Tags:Veggie

Allergens:Milk

Produced in a facility that processes eggs, milk, fish, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

Total Time35 minutes

Prep Time10 minutes

DifficultyMedium

Nutrition Values

/ per serving

Calories880 kcal

Fat41 g

Saturated Fat17 g

Carbohydrate115 g

Sugar27 g

Dietary Fiber13 g

Protein20 g

Cholesterol70 mg

Sodium900 mg

Ingredients

serving amount



1 unit

Chickpeas



3 ounce

Carrot



1 unit

Lemon



4 ounce

Kale

1 ounce

Golden Raisins



1 tablespoon

Curry Powder



½ cup

Basmati Rice

1 unit

Veggie Stock Concentrate



4 ounce

Shredded Red Cabbage



4.5 tablespoon

Sour Cream

(Contains **Milk**)

Not included in your delivery

Salt



Pepper



4 teaspoon

Olive Oil

1 teaspoon

Sugar

Utensils

- Paper Towel

- Peeler

- Strainer

- Zester

- Small Bowl

- Baking Sheet

- Small pot

- Medium Bowl

- Large Pan

Instructions



1

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce.
- Drain and rinse chickpeas; dry thoroughly with paper towels. Trim, peel, and quarter carrot lengthwise; cut crosswise into $\frac{1}{4}$ -inch-thick pieces. Zest and quarter lemon. Remove and discard any large stems from kale; finely chop leaves. Place raisins in a small bowl with enough hot water to just cover.



2

- Toss chickpeas on a baking sheet with a large drizzle of olive oil, half the curry powder (you'll use more in the next step), salt, and pepper.
- Roast on top rack until crispy, 18-20 minutes. (It's natural for chickpeas to pop a bit as they roast.)



3

• While chickpeas roast, melt 1 TBSP butter (2 TBSP for 4 servings) in a small pot over high heat. Add carrot and $\frac{1}{4}$ tsp curry powder ($\frac{1}{2}$ tsp for 4). (You'll use the rest of the curry powder in the next step.) Cook, stirring, until fragrant, 1-2 minutes. • Add rice, 1 cup water ($1\frac{3}{4}$ cups for 4), stock concentrate, and a big pinch of salt. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



4

• Meanwhile, in a medium microwave-safe bowl, combine juice from three lemon wedges and 1 tsp sugar (six wedges and 2 tsp sugar for 4 servings); stir to dissolve. Add cabbage and 2 TBSP water (4 TBSP for 4); season with salt and pepper. Microwave for 1 minute. Set aside, tossing occasionally, until ready to serve. • In a second small bowl, combine sour cream, lemon zest, remaining curry powder, and juice from remaining lemon. Season with salt and pepper. Add water 1 tsp at a time until mixture reaches a drizzling consistency.



5

- Heat a large drizzle of olive oil in a large pan over medium-high heat. Add kale and season with salt and pepper. Cook, stirring occasionally, until tender, 5-7 minutes. • Stir in 1 TBSP butter (2 TBSP for 4 servings) until melted. Remove from heat.



6

- Fluff rice with a fork; stir in 1 TBSP butter (2 TBSP for 4 servings) and season with salt and pepper.
- Divide rice between bowls. Top with kale, pickled cabbage (draining first), and chickpeas in separate sections. Drain raisins and sprinkle over top (roughly chop first if desired). Drizzle with dressing and serve.