

# Sweet Thai Chili Chicken with Zesty Rice & Roasted Broccoli



The pan sauce on tonight's pork is sweet (and spicy). Our chefs combined sweet Thai chili sauce with ponzo, chicken stock, shallot, lime, and butter—a winning combination with pork tenderloin. You'll prep fluffy zesty rice and crisp roasted broccoli on the side. If this sounds like a meal fit for a restaurant-worthy night, that's 'cause it is (just in your PJs in the comfort of your own home!).

Total Time 35 minutes

Prep Time 10 minutes

Difficulty Easy

Tags: Spicy • Protein Smart • Calorie Smart

Allergens: Fish • Soy • Wheat • Milk Produced in a facility that processes eggs, milk, fish, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

## Ingredients

serving amount

2 4



1 unit Shallot



1 unit Lime



1/4 ounce Cilantro



1/2 cup Jasmine Rice



10 ounce Chicken Cutlets



8 ounce Broccoli Florets



1 ounce Sweet Thai Chili Sauce



1 unit Chicken Stock Concentrate  
Soy, Wheat)



6 milliliters Ponzu Sauce (Contains Fish,

### Not included in your delivery



Salt



Pepper



1 tablespoon Cooking Oil



1 tablespoon Butter (Contains Milk)

### Nutrition Values/ per serving

Calories 550 kcal

Fat 18 g

Saturated Fat 6 g

Carbohydrate 59 g

Sugar 11g

Dietary Fiber 4g

Protein 38g

Cholesterol 120 mg

Sodium 530 mg

### Utensils

- Small pot
- Paper Towel
- Large Pan

•Baking Sheet

## Instructions



1

- Adjust rack to top position and preheat oven to 450 degrees. Wash and dry produce. • Cut broccoli florets into bite-size pieces if necessary. Halve, peel, and mince shallot. Zest and quarter lime. Roughly chop cilantro.



2

- In a small pot, combine rice,  $\frac{3}{4}$  cup water ( $1\frac{1}{2}$  cups for 4 servings), and a big pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. • Keep covered off heat until ready to serve.



3

- While rice cooks, pat pork\* dry with paper towels; season all over with salt and pepper. • Heat a drizzle of oil in a large pan over medium-high heat. Add pork and sear, turning occasionally, until browned all over, 4-8 minutes (it'll finish cooking in the next step). Remove pan from heat. • Transfer pork to one side of a baking sheet.  
Swap in chicken or steak for pork; cook chicken until browned and cooked through, 3-5 minutes per side, or cook steak to desired doneness, 5-7 minutes per side. (Skip roasting!)



4

- Toss broccoli on the opposite side of the sheet from the pork with a drizzle of oil, salt, and pepper.
- Roast on top rack until pork is cooked through and broccoli is browned and tender, 10-12 minutes.
- Once pork is done, transfer to a cutting board to rest for 5 minutes. Thinly slice crosswise.

Season broccoli and spread across the entire sheet; roast as instructed. Thinly slice chicken or steak against the grain.



5

- Heat a drizzle of oil in a pan used for pork over medium-high heat. Add shallot; cook until softened and slightly browned, 1-2 minutes.
- Stir in stock concentrate, chili sauce, ponzu, and  $\frac{1}{4}$  cup water ( $\frac{1}{3}$  cup for 4 servings). Bring to a simmer and cook until slightly reduced, 2-3 minutes.
- Stir in a big squeeze of lime juice to taste. Remove pan from heat; stir in 1 TBSP butter (2 TBSP for 4) until melted.



6

- Fluff rice with a fork; stir in lime zest and half the cilantro. Season with salt and pepper.
- Divide rice, broccoli, and pork between plates. Top pork with pan sauce. Garnish everything with remaining cilantro. Serve with any remaining lime wedges on the side.

Chicken is fully cooked when the internal temperature reaches 165°.

# Pan-Seared Sweet Soy Glazed Chicken with Roasted Carrots & Broccoli



When it comes to elevating a simple weeknight meal—like our dear friend, the humble pork chop—it's all about the pan sauce! In this case, you'll get a great sear on the pork, then coat it in a tangy-sweet soy sauce thickened with butter to glossy perfection. On the side is roasted broccoli and carrots sprinkled with fiery Korean chili flakes. Shower your plate with scallion greens before serving for a fresh, zippy crunch.

Tags:Protein Smart•Calorie Smart•Carb Smart

Allergens:Sesame•Soy•Wheat•Milk

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

Total Time30 minutes

Prep Time5 minutes

DifficultyMedium

## Ingredients serving amount

2 4



9 ounce Carrots



8 ounce Broccoli Florets



2 unit Scallions



1 teaspoon Korean Chili Flakes



10 ounce Chicken Cutlets



1 teaspoon Garlic Powder  
Sesame, Soy, Wheat)



4 tablespoon Sweet Soy Glaze (Contains

Sesame, Soy, Wheat)

## Not included in your delivery



Salt



Pepper



4 teaspoon Cooking Oil



1 tablespoon Butter (Contains Milk)

## Nutrition Values / per serving

Calories 460 kcal

Fat 20 g

Saturated Fat 6 g

Carbohydrate 36 g

Sugar 22 g

Dietary Fiber 7 g

Protein 38g

Cholesterol 120 mg

Sodium 920 mg

## Utensils

- Peeler
- Baking Sheet
- Large Pan
- Paper Towel

## Instructions



1

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce. • Cut broccoli florets into bite-size pieces if necessary. Trim, peel, and cut carrots on a diagonal into  $\frac{1}{2}$ -inch-thick pieces. Trim and thinly slice scallions, separating whites from greens.



2

- Toss broccoli on one side of a baking sheet with a drizzle of oil, salt, and pepper. Toss carrots on empty side with a drizzle of oil, a pinch of chili flakes, salt, and pepper. (For 4 servings, spread broccoli out across the entire sheet. Add carrots to a separate baking sheet; roast broccoli on top rack and carrots on middle rack.) • Roast on top rack, tossing halfway through, until tender and crisp, 20-25 minutes.



3

- Pat pork\* dry with paper towels and season all over with garlic powder, remaining chili flakes, salt, and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add pork; cook until browned and cooked through, 4-6 minutes per side. • Turn off heat; transfer to a cutting board. Wipe out the pan and let it cool slightly.

Swap in chicken for pork; cook until browned and cooked through, 3-5 minutes per side.



4

- Heat a drizzle of oil in a pan used for pork over medium-high heat. Add scallion whites; cook until softened, 1-2 minutes. Add sweet soy glaze and  $\frac{1}{4}$  cup water ( $\frac{1}{3}$  cup for 4 servings); simmer until bubbling and slightly thickened, 2-3 minutes. Remove from heat and stir in 1 TBSP butter (2 TBSP for 4) until melted.

Use a pan used for chicken here.



5

- Slice pork crosswise. • Add pork to the pan with sauce and toss to coat. Slice chicken crosswise and toss with sauce as instructed.



6

- Divide carrots, broccoli, and glazed pork between plates. Drizzle any remaining sauce from the pan over the pork. Garnish with scallion greens and serve.

Chicken is fully cooked when the internal temperature reaches 165°.

# Lemony Shrimp & Couscous Bowls with Cucumber-Tomato Salad & Creamy Yogurt Sauce



Bowls are way past “having a moment.” They’ve become a go-to when we’re looking for lunch and dinner ideas. Why? It’s simple: everything’s better in a bowl! And the customizable combo of carbs, protein, veggies, and a drizzle of delicious sauce cannot be denied. This bright rendition is fully loaded. Chewy Israeli couscous with scallions is topped with garlicky quick-cooking shrimp, a fresh cucumber-tomato salad, and a creamy lemon-dill sauce. One bite = totally bowled over.

Tags:Seasonal•Calorie Smart•Mediterranean

Allergens:Wheat•Eggs•Milk•Shellfish

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

Total Time25 minutes

Prep Time10 minutes

DifficultyEasy

## Ingredients serving amount

2 4



2 unit Scallions

Cucumber



4 ounce Grape Tomatoes



1 unit Mini



1 unit Lemon



1 clove Garlic



1/4 ounce Dill



2.5 ounce Israeli Couscous (Contains **Wheat**)



1 unit Veggie Stock Concentrate



1.5 ounce Greek Vinaigrette (Contains **Eggs, Milk**)



4 tablespoon Yogurt (Contains **Milk**)



1.5 tablespoon Sour Cream (Contains **Milk**)



10 ounce Shrimp (Contains **Shellfish**)



1 teaspoon Dried Oregano

Not included in your delivery



Salt



Pepper



2 tablespoon Olive Oil

## Nutrition Values / per serving

Calories 540 kcal

Fat 25 g

Saturated Fat 4.5 g

Carbohydrate 46 g

Sugar 9 g

Dietary Fiber 4 g

Protein 25 g

Cholesterol 220 mg

Sodium 1170 mg

## Utensils

- Zester
- Small pot
- Small Bowl
- Paper Towel
- Large Pan

## Instructions



- Wash and dry produce. • Trim and thinly slice scallions, separating whites from greens. Halve grape tomatoes lengthwise. Trim and quarter cucumber lengthwise; slice crosswise into  $\frac{1}{2}$ -inch pieces. Zest and quarter lemon. Peel and mince or grate garlic. Finely chop the dill.



2

- Heat a drizzle of olive oil in a small pot over medium-high heat. Add scallion whites; cook, stirring, until fragrant, 30 seconds. Stir in couscous, stock concentrate,  $\frac{3}{4}$  cup water ( $1\frac{1}{2}$  cups for 4 servings), and a big pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes. Keep covered off heat until ready to serve.



3

- Meanwhile, in a small bowl, combine tomatoes, cucumber, half the scallion greens, and half the Greek vinaigrette (all for 4 servings). Season with salt and pepper.



4

- In a second small bowl, combine yogurt, sour cream, juice from one lemon wedge (two wedges for 4 servings), a large drizzle of olive oil, a pinch of garlic, and as much dill as you like.

Add water 1 tsp at a time until the sauce reaches a drizzling consistency. Season with salt and pepper.



5

- Rinse shrimp\* under cold water and pat dry with paper towels.
- Heat a large drizzle of olive oil in a large pan over medium-high heat. Add shrimp, oregano, remaining garlic, salt, and pepper. Cook, stirring, until opaque and cooked through, 4-6 minutes.
- Remove pan from heat; stir in lemon zest and juice from remaining lemon wedges.



6

- Stir remaining scallion greens and a drizzle of olive oil into pot with couscous; season with salt and pepper.
- Divide couscous between bowls; top with shrimp and salad. Drizzle with sauce and serve.

Shrimp are fully cooked when internal temperature reaches 145°.

# Pecan-Crusted Chicken with Honey Mustard Sauce & Mixed Greens Apple Salad



Is there anything better than chicken with a crunchy, nutty topping? Why, yes! How about chicken coated in a creamy honey mustard sauce, then crusted in a mixture of crushed pecans, panko, and butter? (To be honest, we'd eat anything with that sprinkled on top!) The topping turns toasty and crispy in the oven as the chicken cooks to juicy perfection. As if that weren't enough to sell you, on the side, we're serving up apple-studded mixed greens (and more of that awesome honey mustard sauce for dipping). Weeknight luxury is just 30 minutes away!

Tags:Calorie Smart•Carb Smart

Allergens:Tree Nuts•Wheat•Eggs•Milk

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

Total Time30 minutes

Prep Time5 minutes

DifficultyEasy

## Nutrition Values / per serving

Calories630 kcal

Fat40 g

Saturated Fat9 g

Carbohydrate35 g

Sugar20 g

Dietary Fiber 4g

Protein 34g

Cholesterol150 mg

Sodium570 mg

## Ingredients serving amount

2 4



½ ounce Pecans (Contains Tree Nuts)

Wheat)



¼ cup Panko Breadcrumbs (Contains



1 tablespoon Fry Seasoning



2 teaspoon Honey



2 teaspoon Dijon Mustard



2 tablespoon Mayonnaise (Contains Eggs)



10 ounce Chicken Cutlets



1 unit Apple



1.5 ounce Italian Dressing (Contains Milk)



2 ounce Mixed Greens

## Not included in your delivery



Salt



Pepper



1 teaspoon Olive Oil



1 teaspoon Cooking Oil



1 tablespoon Butter (Contains Milk)

## Utensils

- Medium Bowl
- Small Bowl
- Baking Sheet
- Paper Towel

• Large Bowl

## Instructions



1

- Adjust rack to middle position and preheat oven to 450 degrees. Wash and dry produce. • Finely chop pecans (or crush in their bag with a heavy pan or rolling pin).



2

- Place 1 TBSP butter (2 TBSP for 4 servings) in a medium microwave-safe bowl. Microwave until melted, 30 seconds. • Let cool slightly, then stir in chopped pecans, panko, half the Fry Seasoning (you'll use the rest later), a drizzle of olive oil, and a pinch of salt and pepper.



3

- In a small bowl, combine honey, mustard, and mayonnaise.



4

- Pat chicken\* dry with paper towels; season with remaining Fry Seasoning, salt, and pepper. Place on a lightly oiled baking sheet.
- Evenly spread the tops of chicken with a thin layer of honey mustard sauce (save the rest for serving). Mound with pecan mixture, pressing firmly to adhere (no need to coat the undersides).
- Roast on the middle rack until the crust is golden brown and chicken is cooked through, 15-20 minutes.



5

- Meanwhile, halve, core, and thinly slice the apple.
- In a large bowl, toss mixed greens and apple with Italian dressing. Season with salt and pepper.



6

- Divide chicken and salad between plates. Drizzle chicken with remaining honey mustard sauce.
- Chicken is fully cooked when the internal temperature reaches 165°.

# Sweet & Spicy Chicken Mashed Potato Bowls with Roasted Green Beans & Gravy



Our first ever mashed potato bowl is here, and why didn't we think of it sooner? This classic pairing of chicken and potatoes brings an exciting twist to the table: The chicken is dredged in a sweet, smoky, and spicy flour mixture before it's sizzled to golden, juicy perfection. You'll nestle it into buttery mashed potatoes along with tender-crisp green beans. Smother it all with lots of rich, creamy gravy (and a drizzle of hot sauce if you like, you do you!).

Tags:New•Spicy•Protein Smart•Calorie Smart

Allergens:Wheat•Milk

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

Total Time30 minutes

Prep Time5 minutes

DifficultyMedium

## Nutrition Values / per serving

Calories600 kcal

Fat25 g

Saturated Fat10 g

Carbohydrate61 g

Sugar8 g

Dietary Fiber6 g

Protein39 g

Cholesterol145 mg

Sodium1320 mg

## Ingredients serving amount

2 4



16 ounce Potatoes



6 ounce Green Beans



10 ounce Chicken Cutlets



10.8 g Brown Sugar Bourbon Seasoning



1 tablespoon Flour (Contains Wheat)



1 teaspoon Garlic Powder



1 teaspoon Chili Powder



2 unit Chicken Stock Concentrate



1.5 tablespoon Sour Cream (Contains Milk)

## Not included in your delivery



Salt



Pepper



2 teaspoon Cooking Oil



2 tablespoon Butter (Contains Milk)

## Utensils

- Medium Pot
- Baking Sheet
- Paper Towel
- Large Pan
- Potato Masher

## Instructions



1

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce. • Dice potatoes into  $\frac{1}{2}$ -inch pieces. (TIP: for a smoother texture, peel potatoes first.) Trim green beans if necessary.



2

- Place potatoes in a medium pot with enough salted water to cover by 2 inches. Bring to a boil and cook until tender, 10-12 minutes. Reserve  $\frac{1}{2}$  cup potato cooking liquid (1 cup for 4 servings), then drain. Return potatoes to pot and cover to keep warm.



3

- While potatoes cook, toss green beans on a baking sheet with a drizzle of oil, salt, and pepper.
- Roast on top rack until tender and browned, 12-15 minutes.



4

- Pat chicken\* dry with paper towels.
- Place Brown Sugar Bourbon Seasoning, half the flour, half the garlic powder, and as much chili powder as you like (we used  $\frac{1}{2}$  tsp; 1 tsp for 4 servings, but add more if you like it extra-spicy!) in a shallow dish; mix to combine. Press chicken into flour mixture to evenly coat.
- Heat a drizzle of oil in a large pan over medium heat. Add chicken; cook until browned and cooked through, 6-8 minutes per side. Turn off heat; transfer to a cutting board. Wipe out the pan and allow it to cool slightly.



5

Return pan used for chicken to medium heat and add 1 TBSP butter (2 TBSP for 4 servings). Once butter has melted, add remaining flour and cook, whisking constantly, until a loose paste forms, 30-60 seconds. Add stock concentrate and  $\frac{1}{3}$  cup water ( $\frac{2}{3}$  cup water for 4); cook, whisking constantly, until gravy has thickened, 1-2 minutes. Remove pan from heat and whisk in sour cream. Taste and season with salt and pepper if desired.



6

- To pot with potatoes, add 1 TBSP butter (2 TBSP for 4 servings) and remaining garlic powder.
- Mash until smooth, adding splashes of reserved potato cooking liquid as needed. Taste and season with salt and pepper if necessary.



7

- Slice chicken crosswise. • Divide mashed potatoes between bowls. Top with chicken and green beans in separate sections; drizzle everything with gravy. (Add a drizzle of your favorite hot sauce for an extra kick!) Serve.

Chicken is fully cooked when the internal temperature reaches 165°.