



Thai Basil Beef with Coconut Rice

Prep Time: 35 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

700 Calories

44 g fat

713 mg sodium



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

COCONUT RICE:

- 1 (13.5 oz) can coconut milk
- 2 inches fresh ginger, peeled & sliced into 4 rounds
- 1.5 cups jasmine rice
- 1 1/4 cups water**
- Pinch salt**

SOY SAUCE MIXTURE:

- 1/4 cup low-sodium soy sauce
- 1 lime, juiced
- 1 TB sugar**
- Red pepper flakes, use desired amount

- 1 TB vegetable oil or olive oil**
- 1.5 lbs. ground beef
- 1 cup red bell pepper, diced
- 3 garlic cloves, minced
- 1 cucumber, quartered lengthwise then halved
- Fresh basil, sliced into ribbons
- 3 Green onions, thinly sliced

DIRECTIONS:

1. Prepare produce and set aside in separate piles: Peel and slice **ginger** into 4 rounds. Peel and mince **3 garlic cloves**. Wash and dry **cucumber**, then slice in half lengthwise, remove seeds, and slice into 1/4 inch half moons. Place **basil** leaves in a stack, roll stack and then slice basil into strips creating ribbons. Thinly slice **3 green onions**, discarding root end and top inch.
2. Soy Sauce Mixture: In a small bowl, whisk together **1/4 cup soy sauce, juice of 1 lime, 1 TB sugar**, and as much **red pepper flakes** as you like. Set aside for use in step 4.
3. Coconut Rice: Rinse the rice in cold water to remove excess starch. In a medium saucepan, bring the **coconut milk, 1 1/4 cups water, pinch salt, sliced ginger rounds and rinsed jasmine rice** to a boil. Stir, cover and reduce heat to low. Simmer until the liquid is absorbed and the rice is tender, about 15 minutes. Remove pan from heat and let sit for 5 minutes. Fluff with a fork before serving.
4. In a medium size skillet, heat **1 TB oil** over medium high heat. Add the **ground beef** and cook, breaking up the meat until browned and cooked through, about 5 minutes. Add the **diced red bell pepper and minced garlic** and cook 3 minutes longer. Stir in the **Soy Sauce Mixture** and cook until the liquid evaporates, about 2-3 minutes. Remove the pan from heat and stir in **basil ribbons and sliced green onions**.
5. Serve beef over rice and top with **sliced cucumbers**.

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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Grilled Chicken Breast with Peach Salsa over Rice

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

203 calories

26% calories from fat

431 mg sodium



INGREDIENTS: ** Items not included in kit

- 1.5 lbs. chicken breast
- 2 TB Chicken Spice Rub (1 TB brown sugar, 1 tsp ground cumin, 1/2 tsp garlic powder, 1/2 tsp chili powder, 1/2 tsp paprika, 1/4 tsp kosher salt)
- 2 TB olive or vegetable oil**
- 1 1/2 cups basmati rice
- 2 1/4 cups water**
- Pinch of salt**

Peach Salsa:

- 1 1/2 cups ripe peaches, peeled and chopped (about 2 large peaches)
- 2 TB chopped fresh mint (rinse and pat dry chopping)
- 1/4 cup diced red onion
- 2 tsp apple cider vinegar
- 1/4 tsp hot sauce
- Pinch of salt**

DIRECTIONS:

1. Grilled or Baked Chicken: Rub both sides of the **chicken breasts** with the **Spice Rub**. Heat grill or nonstick skillet (add **1 TB oil**) over medium high heat. Add **chicken**; cook 6-7 minutes on each side or until done **OR** preheat oven to 425 degrees and place chicken on a sheet pan/casserole dish coated with **1 TB oil** and cook for 20 minutes or until done.
2. **Peach Salsa**: Peel and dice 2 **peaches**. Wash/chop fresh **mint**. Combine diced **peaches**, chopped **mint**, **diced red onion**, **apple cider vinegar**, **pinch of salt** and **hot sauce** in a bowl. Toss to combine and set aside.
3. **Basmati Rice**: Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water**, **1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
4. Serve the cooked **chicken** over **rice** and top with **peach salsa**.

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