



Lentil Bulgogi over Rice with Korean Slaw

Prep Time: 20 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

360 calories

14 g fat

605 mg sodium



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

LENTIL BULGOGI & RICE

- 1.5 cups basmati rice
- 1/4 cup low sodium soy sauce—**MEASURE OUT**
- 2 TB brown sugar
- 2 garlic cloves, minced
- 1 inch piece ginger, minced
- 1 tsp sesame oil—**MEASURE OUT**
- 1/4 tsp crushed red pepper flakes
- 1 TB olive oil**
- 1/2 cup diced onion
- 1 cup lentils
- 2 green onions, thinly sliced
- 1 TB sesame seeds

DIRECTIONS:

1. SAUCE: In a medium bowl, whisk together **2 cups water, 1/4 cup soy sauce, brown sugar, 2 cloves minced garlic, minced ginger, measure out 1 tsp sesame oil, and red pepper flakes.** Set aside.
2. In a pan fitted with a lid over medium heat add **olive oil** and **diced onions**. Sauté for 2-3 minutes until onions soften. Add the **lentils** and **sauce**, stir to combine, cover and simmer for 10 minutes or until lentils are tender and most of the liquid is absorbed.
3. 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 lentils over rice, garnished with **thinly sliced green onions** and **sesame seeds**.

KOREAN SLAW

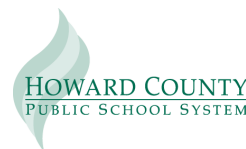
- 1/4 tsp crushed red pepper flakes
- 2 TB rice vinegar
- 2 TB low sodium soy sauce—**MEASURE OUT**
- 1 TB sugar**
- 1 TB lemon juice, from 1 lemon
- 1 TB sesame oil—**MEASURE OUT**
- 1 garlic clove, minced
- 2 cups shredded cabbage
- 1/2 cup shredded carrots
- 1 Green onion, thinly sliced

DIRECTIONS:

1. In a bowl, whisk together the **crushed red pepper flakes, rice vinegar, 2 TB soy sauce, sugar, lemon juice, measure out 1 TB sesame oil, and 2 garlic cloves minced.** Set aside.
2. In a large mixing bowl, combine the **cabbage** and **carrots**, pour the sauce over and toss to combine.
3. Thinly slice the **green onions** and sprinkle on top before serving alongside the bulgogi.

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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Quinoa Falafel Wraps

Prep Time: 20 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

446 calories

15 g fat

650 mg sodium



DIRECTIONS:

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

PICKLED SLAW

- 1 TB sugar**
- 1/4 cup cider vinegar
- 1/2 tsp salt**
- 1/2 cup shredded carrots
- 2 cups shredded cabbage

FALAFEL

- 1 cup quinoa, cooked and cooled
- 1 (15 oz.) can chickpeas
- 2 garlic cloves
- 1/2 bunch green onions, discard root end
- 1/4 cup fresh parsley
- 1/4 cup fresh cilantro
- 1/2 lemon juiced
- Salt & pepper, to taste**
- 1/2 tsp baking powder**
- Falafel Spice Blend (1 tsp coriander, 1/4 tsp cayenne pepper, 1 tsp cumin)
- 2 eggs slightly beaten
- 5-6 TB vegetable oil**

TOPPINGS

- 4 whole wheat wraps
- Lettuce leaves
- 1 cup Tzatziki sauce
- Fresh mint, torn for garnish

PICKLED SLAW: Whisk together **1 TB sugar, cider vinegar and 1/2 tsp salt** until well combined. Pour over **shredded carrots and cabbage**. Let it soak in the refrigerator for 30 minutes then drain well.

FALAFEL:

1. Rinse **quinoa** in a strainer under running water to remove any debris, then combine with **2 cups water** in a saucepan. Bring to a boil, reduce heat to low and simmer covered for 20 minutes, until quinoa is cooked all the way through until fully sprouted. Remove from heat, set aside to cool.
2. Preheat oven to 350 degrees. Drain, rinse, and pat dry the **chickpeas**. Spread out into a single layer on a sheet tray with sides. Bake for 10 minutes or just long enough that the chickpeas start to look a bit dry.
3. In a food processor or blender, combine **2 garlic cloves, 1/2 bunch green onions, 1/4 cup parsley, 1/4 cup cilantro, 1/2 lemon juiced, salt & pepper, 1/2 tsp baking powder, and Falafel Spice Blend**. Pulse until everything is minced. Transfer to a large bowl. Place **chickpeas** in the food processor and pulse until the chickpeas resemble a coarse meal, don't over process. Place in the bowl with the herb/spice mixture. Add the **2 beaten eggs and cooled quinoa**. Mix until everything is well combined.
4. To form patties, scoop out roughly 3 TB of mixture and shape into a ball. Press down slightly to form patty. Repeat with remaining mixture. Place patties in the fridge to set for 15 minutes.
5. **TO FRY:** Heat **3 TB vegetable oil** in a large non-stick skillet over medium heat. Add as many of the falafel patties as you can without crowding the pan. Cook 5 minutes on one side, flip and cook for another 5 minutes. Repeat with the remaining falafels, adding extra oil as needed.
TO BAKE: Preheat oven to 375. Spray a cookie sheet with nonstick spray. Place falafel patties on sheet and bake 10-12 minutes. Carefully flip patties and bake for another 10-12 minutes or until cooked through and crispy.
6. **TO ASSEMBLE:** Place a handful of **lettuce leaves** on center of **wrap**, top with **falafels, Tzatziki sauce, Pickled Slaw**, and torn pieces of **fresh mint**. Take bottom half of the tortilla, fold over the stuffing, fold in sides and finish rolling together to make the wrap.

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