



Yellow Coconut Curry Chicken with Green Beans

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

674 calories

20.4g total fat

672mg sodium



DIRECTIONS:

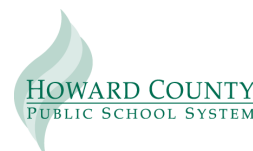
INGREDIENTS: ** Items not included in kit

- 1.5 lbs. chicken cubes
- 2 TB olive oil**
- 1/2 cup finely diced onions
- 2 garlic cloves, peeled & minced
- 2 inches fresh ginger, peeled and sliced into 6 rounds
- 4 Jalapeno chilies, cut in half lengthwise (deseed at least 2, deseed more if you want it less spicy, leave seeds if you prefer spicier)
- 1 tsp turmeric
- 1 lime, juiced
- 1 (13.5oz) can coconut milk
- 1 tsp salt**
- 1.5 cups basmati rice
- 1 TB olive oil**
- 1/2 cup fresh cilantro, chopped
- 1 lb. green beans, washed and trimmed
- Salt & Black Pepper, to taste**
- 1 tsp olive oil**

1. Prepare ingredients & set aside: Peel and mince **2 garlic cloves**. Peel **ginger** and slice into 6 quarter-inch rounds. Wash **jalapenos** and cut in half lengthwise, deseed at least 2, deseed more if you want it less spicy, leave seeds if you prefer spicier. **WASH YOUR HANDS IMMEDIATELY after prepping jalapenos and do not touch your eyes.** Wash and dry **cilantro**, chop leaves to equal 1/2 cup.
2. In a large skillet, heat **2 TB olive oil** over medium high heat. Add **chicken cubes, diced onions, minced garlic, and ginger rounds**. Stir to combine and cook until chicken is no longer pink, about 5 minutes. Add **turmeric** and **halved jalapenos**, stir to combine and cook for 3 minutes longer. Add **coconut milk**, bring to a boil, stir to combine, then reduce heat to a simmer and cook for 20 minutes longer. Remove from heat and squeeze in the **lime juice**. Stir to combine.
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. **Green Beans:** Wash and trim the end from the green beans. In a large sauce pot, bring **1.5 cups water** to a boil, add the trimmed green beans and cover with a lid. Steam for 4-5 minutes or until beans are fork tender. Remove from heat, drain and season with **salt, black pepper** and a drizzle of **olive oil**.
5. Serve chicken over rice and top with a sprinkle of **chopped cilantro** and a side of steamed green beans.

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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Parmesan Crusted Chicken and Roasted Carrots

Prep Time: 15 min

Cook Time: 50 min

Serves: 4

NUTRITION FACTS, PER SERVING:

470 calories

10g total fat

488mg sodium



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

- 1 cup panko bread crumbs
- 1/4 cup parmesan cheese
- Crusted Chicken Spice Blend (1 tsp paprika and 1 tsp garlic powder)
- Cooking spray**
- Aluminum foil**
- Salt & Black Pepper**
- 1 cup plain Greek yogurt
- 2 large egg whites, beaten
- 1 TB mustard
- 1.5 lbs. chicken breast
- 1 TB olive oil**
- 1 lb. baby carrots
- 1 TB honey
- 1 TB parsley, chopped
- Crushed red pepper flakes, use amount based on desired spice level

DIRECTIONS:

1. Preheat oven to 400°. Line two baking pans with aluminum foil and lightly coat with **non-stick cooking spray** or grease 2 baking dishes.
2. In a shallow bowl, combine **1 cup panko, 1/4 cup parmesan, crusted chicken spice blend**, and **1/2 tsp black pepper**, stir to combine. In a separate shallow bowl, combine **1 cup Greek yogurt, 2 egg whites**, and **1 TB Dijon mustard** whisk to combine
3. Pat **chicken breast** dry with paper towel. Dip chicken into **yogurt mixture** to coat, letting some excess drip off; coat both sides of chicken in **breadcrumb mixture**, patting to adhere.
4. Arrange coated **chicken** in a single layer on one prepared baking pan; lightly spray tops of chicken **cooking spray**. Bake until cooked through, about 30-40 minutes.
5. In a bowl, combine **baby carrots, 1 TB olive oil, 1 TB honey** and a **pinch of salt & black pepper**. Toss to combine and place carrots on the other prepared baking pan. Place on second shelf in oven and roast until tender when pierced with a fork. Top roasted carrots with **chopped parsley** and sprinkle with **red pepper flakes**.

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