



Honey Sesame Chicken

Prep Time: 15 min

Cook Time: 25 min

Serves: 4

NUTRITION FACTS, PER SERVING:

306 calories

14.9 g fat

667 mg sodium



DIRECTIONS:

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

- 1/4 cup Honey
- 1/4 cup Low Sodium Soy Sauce
- 2 TB Ketchup
- 2 tsp Sesame Oil
- 1/2 tsp Crushed Red Pepper Flakes
- 1.5 lbs. Chicken Breast Cubes
- Salt & Pepper, to taste**
- 2 TB Olive Oil or Vegetable Oil**
- 3 Cloves Garlic, minced
- 1 1/2 Cups Jasmine Rice
- 1 TB olive oil**
- 1 lb. Broccoli Florets
- Green Onions, thinly sliced
- 1 tsp Sesame Seeds

1. Thinly slice **4 green onions**, the green and white portion, discarding the top 1/2 inch and bottom root; set aside. Peel **3 garlic cloves** and chop finely to mince; set aside.
2. **Sauce:** In a small bowl, whisk the **honey, soy sauce, ketchup, sesame oil & crushed red pepper flakes** (use as much as you like for your desired spice preference) until combined; set aside.
3. **Jasmine Rice:** Rinse the 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 12-15 minutes or until all the water is absorbed. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
4. Heat a large skillet over medium-high heat. Add **2 TB oil** to pan; swirl to coat pan. Add **chicken cubes** and sauté until cooked through, stirring to develop a sear on all sides, about 12-15 minutes. Add minced **garlic**; sauté for 30 seconds, stirring constantly. Stir in **Sauce (from step 2)** and bring to a simmer, stirring until sauce thickens, about 1 minute. Remove pan from heat.
5. Place **broccoli florets** in microwave safe dish with 1/4 inch of water, cover with microwave safe lid or saran wrap & microwave for 3 minutes or until crisp-tender. Drain and season with a **pinch of salt & black pepper to taste.**
6. To serve, place **cooked chicken** and **broccoli** on top of the cooked **rice** and sprinkle the **sesame seeds** and **thinly sliced green onions** on top.

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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Skillet Chicken with Roasted Potatoes and Carrots

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

365 calories

11.1 g fat

673 mg sodium



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

- 1 TB olive oil**
- 1.5 lbs. chicken breast
- 1 TB Montreal Chicken seasoning
- 8 oz. baby carrots (you were given 16 oz. bag)
- 3/4 lb. small potatoes, halved
- 2 sprigs fresh thyme
- 1 clove garlic, minced
- 1 lemon, zested then sliced thinly into 8 slices
- 1 1/2 cups whole milk, divided
- 1 1/2 TB flour**
- 3/4 cup chicken broth
- Salt & pepper, to taste**
- 1/4 cup fresh parsley, chopped

DIRECTIONS:

1. Preheat oven to 425 degrees. Prep produce and set aside: Wash and dry **potatoes**, slice in half. Mince **1 clove of garlic**. Zest **lemon**, then slice lemon into 8 thin slices. Chop **parsley leaves** to equal 1/4 cup.
2. Season **chicken breasts** with **Montreal Chicken seasoning**. Heat **1 TB olive oil** in a large oven-safe skillet over medium-high heat, add seasoned chicken breasts and cook for 5 minutes, turn over and cook other side for 5 more minutes. Remove chicken from pan, transferring to a plate.
3. To the same skillet, add the **baby carrots** and place the **halved potatoes** cut side down. Place the **2 thyme sprigs** over top. Season with **salt and pepper to taste**. Place skillet in oven and bake at 425 for 10 minutes.
4. Remove skillet from oven. Nestle chicken breasts back into the pan and top with **lemon slices**. Bake at 425 for an additional 15 minutes. Remove pan from oven and transfer vegetables and chicken to a plate. Discard the thyme sprigs and lemon slices.
5. In a small bowl, whisk together **1/2 cup whole milk, lemon zest, and 1 1/2 TB flour**.
6. Return the skillet to medium-high heat, add flour mixture from Step 5, **remaining 1 cup milk, 3/4 cup chicken broth, and salt & pepper to taste**. Using a spoon stir to combine ingredients, while scraping up any bits stuck to the bottom of the pan, cook for 3-5 minutes, until sauce reduces slightly.
7. Return the chicken breasts and vegetables to the skillet by nestling them into the pan sauce. Sprinkle with **chopped parsley**.

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