



Herbed Mushroom Chicken & Sautéed Spinach

Prep Time: 15 min

Cook Time : 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

597 calories

20 g fat

639 mg sodium



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

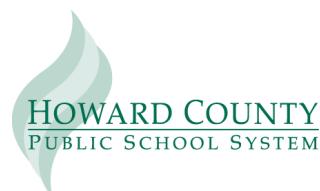
- 1.5 lbs. Chicken Breasts
- Salt & Black Pepper, 1/4 tsp each
- 1/4 cup All Purpose Flour**
- 2 TB Herbs de Provence, divided
- 2-3 TB Vegetable Oil**
- 2TB Olive Oil, divided**
- 16 oz. Button Mushrooms, cleaned & quartered
- 2 TB Red Wine Vinegar
- 1 (32 oz. Box) Low Sodium Chicken Broth
- 1 tsp Dijon Mustard
- 2 TB butter, divided**
- Parsley, chopped for garnish
- 12 oz. Egg Noodles
- 3 garlic cloves, smashed
- 10 oz. Baby Spinach

DIRECTIONS:

1. **Prep Produce:** Clean **mushrooms** of debris and discard stems. Quarter mushroom caps. Smash and peel **3 garlic cloves**. Wash and chop 1/4 cup **parsley**.
2. **Egg Noodles:** Bring a large pot of water to a boil. Add the **egg noodles** to the boiling water and cook uncovered stirring occasionally for al dente time listed on package. Remove from heat and drain. Toss noodles with **1 TB butter**.
3. **Spinach:** In a large non-stick skillet, warm **1 TB olive oil** and **3 cloves smashed garlic** over medium low heat for 3 minutes. Add **spinach** and toss to coat in the oil. Add **1/4 cup chicken broth** and increase heat to medium high. Toss spinach to wilt to desired doneness. Remove smashed garlic cloves before serving.
4. **Chicken:** In a zip top bag or bowl, combine **1/4 tsp salt**, **1/4 tsp black pepper**, **1/4 cup all purpose flour**, and **5 tsp Herbs de Provence (measure out)**.
5. Warm **2 TB vegetable oil** over medium high heat. Dredge **chicken breasts** in flour mixture, shake off excess. Cook 5-6 minutes on each side or until cooked through. Remove chicken from pan, place on a plate and cover with foil to keep warm.
6. To the same pan, add **1 TB olive oil** over medium heat. Add the **quartered mushrooms** and sauté for 6-8 minutes or until mushrooms are browned. Add **2 TB red wine vinegar** and cook stirring to scape up any browned bits stuck to the pan, until liquid evaporates 2-3 minutes. Add **2 cups chicken broth** and **remaining 1 tsp Herbs de Provence**. Bring to a boil, then reduce heat and cook for 3 minutes. Stir in **1 tsp Dijon mustard** and **1 TB butter**. Add chicken breasts back to the pan and warm through 3-5 minutes.
7. Serve herbed mushroom chicken over egg noodles and garnish with **chopped parsley**, alongside sautéed spinach.

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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Soy Molasses Shrimp and Bok Choy

Prep Time: 15 min

Cook Time : 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

533 calories

15 g fat

587 mg sodium



INGREDIENTS: ** Items not included in kit

- 1.5 cups Jasmine Rice
- 4 green onions, sliced for garnish
- 1 tsp sesame seeds

Shrimp:

- 1 lb. Shrimp
- 1 TB olive oil*
- 2 garlic cloves, minced
- 1/4 tsp black pepper**
- 3 TB Soy Molasses Sauce

Bok Choy:

- 2.25 lbs. baby bok choy, cleaned and halved
- 2 TB Olive Oil**
- 3 garlic cloves, minced
- 2 TB Soy Molasses Sauce

SOY MOLASSES SAUCE

- 1/3 cup low sodium soy sauce
- 1/4 cup molasses
- 1 TB sesame oil
- 2 tsp garlic powder
- 1 tsp ground ginger
- 1 tsp fish sauce
- 1 tsp rice vinegar
- 1 tsp honey

DIRECTIONS:

1. **Prep Produce:** Peel and mince **garlic cloves**. Wash and trim top inch and bottom root end of **green onions**, slice remaining portion thinly. Rinse **bok choy** under running water to remove any sandy debris in between the sections of leaves/stem. Slice in half lengthwise. If needed, remove root with a pairing knife, or discard after cooking.
2. **SOY MOLASSES SAUCE:** In a small saucepan, combine ingredients listed under **Soy Molasses Sauce**. Heat over medium-high heat, bring to a boil, whisking or stirring constantly for 3 minutes. Remove from heat and set aside. Any left over sauce can be refrigerated.
3. **Jasmine Rice:** Rinse the **jasmine rice** in cold water to remove excess starch. Combine rice with **2 1/4 cups water** 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 pot from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
4. **Roasted Shrimp:** Preheat oven to 425. Toss **thawed shrimp** with **1 TB olive oil, 2 garlic cloves minced, 1/4 tsp black pepper, and 3 TB soy molasses sauce**. Spread in an even layer on a sheet pan. Roast 15 minutes, or until pink and firm.
5. **Bok Choy:** Heat **2 TB olive oil** in a large skillet over medium high heat. Add the **cleaned bok choy** cut side down and cook until the bok choy gets a nice sear and is slightly browned, about 3-5 minutes. Flip bok choy over and **add 3 garlic cloves minced, 2 TB soy molasses sauce and 2 TB water** to the pan. Cook until the liquid evaporates and sauce has thickened, 3 minutes.
6. Serve roasted shrimp and seared bok choy over rice and garnish with **sesame seeds** and **sliced green onions**.

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