



Za'atar Chicken with Broccoli and Couscous

Prep Time: 20 mins

Cook Time: 30 mins

Serves: 4

NUTRITION FACTS, PER SERVING:

376 Calories

14.26 g fat

435 mg sodium



INGREDIENTS: ** Items not included in kit DIRECTIONS:

- 1 cup Israeli pearl couscous
 - Salt and pepper, to taste**
 - 1 lb. broccoli florets
 - 2 TB Za'atar Seasoning (Hyssop, Oregano, Thyme, Sesame Seeds, Salt, Soybean Oil, Sumac)
 - 2 TB flour**
 - 4 boneless chicken breast
 - 3 TB olive oil**
 - 3 garlic cloves, minced
 - 1 shallot, finely diced
 - 1 lemon, juiced & zested
 - 4 sprigs fresh thyme
 - 2 TB butter**
 - 2 TB sliced almonds
1. Preheat oven to 425 degrees.
 2. On a baking sheet, spread the **sliced almonds** in a single layer and toast in the oven 2 minutes or until lightly toasted. Keep an eye on them so they do not burn. Remove pan from oven and set toasted almonds aside in a small bowl.
 3. Peel the **garlic** and mince. Peel and finely dice the **shallot**. Zest the **lemon** then juice. — Set ingredients aside.
 4. In a medium size pot, bring **1 1/4 cups water** to a boil over high heat. Add the **couscous**, cover and simmer for 8-10 minutes, stirring occasionally. Remove from heat and season with **salt & pepper to taste**.
 5. Wash and dry the **broccoli**. Place the florets on a sheet pan. Drizzle with **1 TB olive oil** and season with **salt & pepper to taste**. Arrange in an even layer. Roast for 15 minutes or until browned and fork tender. Remove from the oven and set aside.
 6. Combine the **Za'atar Seasoning** and **2 TB Flour** in a zip top plastic bag or a shallow dish. Shake/stir to combine well. Pat the **chicken breasts** dry with paper towels. Coat the chicken in the **Za'atar Flour Blend (tapping off any excess)**. In a large nonstick skillet, heat **1 TB olive oil** on medium high heat. Add the **chicken breasts** and cook 6 minutes per side or until browned and cooked through. Leaving any browned bits in the pan, transfer the cooked chicken to a plate. Set aside.
 7. PAN SAUCE: To the same skillet, add the **minced garlic, diced shallots** and **thyme sprigs**. If the pan seems dry, add a drizzle of **olive oil**. Cook for 30 seconds or until fragrant stirring constantly. Add the **juice of 1 lemon** and **2 TB water**. Cook on medium high heat stirring constantly for 30 seconds. Turn off the heat and add **2 TB butter**, stir until melted. Carefully discard the thyme sprigs.
 8. To the pot of **cooked couscous**, add the **lemon zest, roasted broccoli** and **sliced almonds**. Stir thoroughly to combine and season with a drizzle of **olive oil, salt & pepper** to taste. Divide the couscous among 4 plates, top with cooked chicken and the pan sauce.

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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Mushroom Beef Sloppy Joe and Kale Chips

Prep Time: 10 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

480 calories

11.4 g fat

300 mg sodium



INGREDIENTS: ** Items not included in kit

- 1 bunch kale
- 1 TB olive oil**
- 1/4 tsp salt & black pepper**
- 8 oz. mushrooms
- 1 lb. ground beef
- 1/2 cup diced onion
- 1 garlic clove, minced
- 8 oz. tomato sauce
- Sloppy Joe Blend (1 TB brown sugar & 1 TB chili powder)
- 1 tsp vinegar (white or apple cider)**
- Salt and Pepper, to taste**
- 4 hamburger buns

DIRECTIONS:

1. Preheat oven to 325 degrees.
2. Clean the **mushrooms** of any debris, remove the stems, then cut the caps into a small dice. Mince **1 garlic clove** and set aside.
3. **KALE CHIPS:** Wash and thoroughly dry **kale**. Remove the ribs and tear kale into 2 inch sized pieces. Place kale in a single layer on a rimmed baking sheet and drizzle with **1 TB olive oil** and season with **1/4 tsp salt** and **1/8 tsp pepper**. Bake at 325 degrees for 10 to 15 minutes until crisp.
4. **SLOPPY JOE:** Heat a pan over medium-high heat. Add **ground beef** and **chopped mushrooms**, and sauté until ground beef is cooked through and no longer pink. Drain off any excess fat from pan. Add **diced onion** and **minced garlic** to the same pan; cook stirring for 2-3 minutes. Stir in **tomato sauce, Sloppy Joe Blend, 1 tsp vinegar**, and season with **salt & pepper** to taste. Simmer for 10 minutes on medium low heat, until mixture thickens, stirring often.
5. Serve beef mixture on **hamburger buns** with kale chips alongside.

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