

THE PLAN

Recipe Card

it's time to spice up your meal prep routine! simply print, cut, and tape to a notecard to start building a collection of easy, and fun recipes to try. let us know what you think, and tag us on insta when you prep this meal!

THE MEAL PREP PLAN

RECIPE

SERVES

1 2 **4** 6 8

RATING

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prep time: *20 minutes*

cook time: *15 minutes*


total time: *35 minutes*

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Firecracker Chicken Bowl

INGREDIENTS


- ¾ c. white rice of choice, uncooked
- 1 package of zoodles
- 2 c. frozen edamame, thawed
- 2 chicken breasts, cut into 1" cubes
- 2 tbs. cornstarch
- 2 tbs. olive oil
- ¼ c. honey
- 2 tbs. frank's red hot sauce
- 1 tsp. apple cider vinegar



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- 1** Prepare rice of choice according to directions.
- 2** Place chicken & cornstarch into a bowl. Toss cubed chicken using tongs until evenly coated. Place aside.
- 3** Combine hot sauce, vinegar, and honey in a small bowl or jar.
- 4** Heat olive oil in a medium pan over medium heat. Add the coated chicken and season with salt & pepper. Cook for 5-7 minutes, until the chicken is golden and cooked through.
- 5** Pour sauce mixture over cooked chicken and toss to coat. Remove from heat once the sauce has thickened.
- 6** Heat zoodles and edamame in the microwave.
- 7** Combine rice, chicken, zoodles, and edamame in a bowl and enjoy!

If you plan to use this recipe as a meal prep option. Skip cooking the zoodles and edamame. Instead, place them into your container raw (they will cook when you reheat the meal). This recipe can be stored for approximately 4 days in the fridge!



RECIPE INSPIRED BY SWEET PEAS AND SAFFRON