



In your box

2 Green Onions
2 oz. Teriyaki Glaze
1 Red Bell Pepper
2 tsp. Chopped Ginger
5 oz. Sliced Bok Choy
.406 fl. oz. Tamari Soy Sauce
8 ½ oz. Cooked Jasmine Rice

Customize It Options

12 oz. Diced Boneless Skinless Chicken Breasts
24 oz. Diced Boneless Skinless Chicken Breasts–Double Portion
8 oz. Shrimp

*Contains: wheat, soy

You will need

Olive Oil, Salt, Pepper
Microwave-Safe Bowl, Large Non-Stick Pan



Ready in 15

Ginger-Scallion Chicken Rice Bowl

with bok choy and bell pepper

NUTRITION per serving—Calories: 539, Carbohydrates: 64g, Fat: 11g, Protein: 43g, Sodium: 1611mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using 24 oz. **diced chicken**, follow same instructions, working in batches if necessary.
- If using **shrimp**, follow same instructions as chicken in Step 1, cooking undisturbed until opaque and shrimp reaches minimum internal temperature, 2-3 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Cook the Chicken

- Pat **chicken** dry.
- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add chicken to hot pan and stir occasionally until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove chicken to a plate. Reserve pan; no need to wipe clean
- While chicken cooks, prepare vegetables



3

Cook the Vegetables

- Return pan used to cook chicken to medium-high heat and add 1 tsp. **olive oil**. Add **red bell pepper**, **bok choy**, and a pinch of **pepper** to hot pan. Stir occasionally until vegetables begin to soften, 2-3 minutes.
- Gently stir **teriyaki glaze**, **white portions of green onions**, **ginger**, **soy sauce**, and 2 Tbsp. **water** into hot pan until ingredients are combined.
- Remove from burner. Stir in **chicken** until coated.



2

Prepare the Vegetables

- Trim and mince white portions of **green onions**. Thinly slice green portions on an angle. Keep white and green portions separate.
- Stem, seed, remove ribs, and cut **red bell pepper** into ¼" strips.



4

Add Rice and Finish Dish

- Carefully massage **rice** in bag to break up any clumps. Remove rice from packaging. Place rice in a microwave-safe bowl with 2 Tbsp. **water**. Cover with a damp paper towel. Microwave until warm, 2 minutes.
- Fluff rice with a fork. Season with a pinch of **salt**.
- Plate dish as pictured on front of card, placing **chicken** and **vegetables** on rice and garnishing with **green portions of green onions**. Bon appétit!