



In your box

5.6 fl. oz. Coconut Milk
1 Shallot
1 Jalapeño Pepper
¾ cup Jasmine Rice
1 Ear of Corn
8 oz. Sliced Plantains
15 ½ oz. Black Beans
1 Roma Tomato
1 Lime
¼ oz. Cilantro

Customize It Options

12 oz. Salmon Fillets
13 oz. Boneless Skinless Chicken Breasts
8 oz. Shrimp

*Contains: tree nuts (coconuts)

You will need

Olive Oil, Salt, Pepper
Medium Pot, Large Non-Stick Pan,
Mixing Bowl



Coconut Jasmine Rice Bowl

with fried plantains and corn pico de gallo

NUTRITION per serving—Calories: 982, Carbohydrates: 155g, Fat: 30g, Protein: 20g, Sodium: 1353mg.

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

35-45 min.

Cook Within

7 days

Difficulty Level

Intermediate

Spice Level

Mild

👑 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
- Shake **coconut milk** well before opening can.
- Ingredient(s) used more than once: **shallot, jalapeño**

Customize It Instructions

- Meat lovers! If using proteins, cook in a medium non-stick pan with 2 tsp. **olive oil** over medium heat. If using **chicken breasts**, pat dry and season both sides with a pinch of **salt** and **pepper**. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side. If using **salmon**, pat dry and season flesh side with ¼ tsp. salt and a pinch of pepper. Cook, skin side up first, until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side. If using **shrimp**, pat dry and season all over with a pinch of salt and pepper. Add shrimp to hot pan and cook undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches a minimum internal temperature, 1-2 minutes. Add to bowl as desired.

Minimum Internal Temperature

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



1

Cook the Coconut Rice

- Separation is natural for coconut milk; add entire contents to pot.
- Bring a medium pot with **rice, coconut milk, ¾ cup water**, and ½ tsp. **salt** to a boil over high heat. Once boiling, reduce heat to low, cover, and cook until rice is tender, 15-18 minutes.
- Remove from burner. Cover and set aside. *Some coconut fat may rise near the surface of rice; stir gently to reincorporate for creamy rice.*
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Pat **plantains** dry and slice into ½" fries.
- Peel and mince **shallot**.
- Drain **black beans**.
- Core **tomato** and cut into ¼" dice.
- Peel husk off **corn** and remove kernels from cob, holding cob vertically and carefully slicing downward.
- Halve **lime**. Cut one half into wedges and juice remaining half.
- Coarsely chop **cilantro** (no need to stem).
- Cut 4-6 thin rounds of **jalapeño** for garnish. Stem, seed, remove ribs, and mince remaining jalapeño. *Retain seeds for more spice. Wash hands after working with jalapeño.*



3

Cook the Corn and Plantains

- Line a plate with a paper towel.
- Place a large non-stick pan over high heat. Add 1 tsp. **olive oil** and **corn** to hot pan. Stir occasionally until lightly browned, 2-3 minutes.
- Transfer corn to a mixing bowl. Wipe pan clean and return to medium heat.
- Add 1 tsp. **olive oil** and **plantains** to hot pan. Cook until golden brown, 2-3 minutes per side.
- Remove plantains to towel-lined plate. Wipe pan clean and reserve.



4

Cook the Black Beans

- Return pan used to cook plantains to medium-high heat.
- Add 1 tsp. **olive oil** and half the **shallot** (reserve remaining for corn pico de gallo) to hot pan. Stir occasionally until tender, 1-2 minutes.
- Add **black beans, ¼ cup water**, and a pinch of **salt**. Bring to a boil. Once boiling, cook until liquid is reduced by half, 2-4 minutes.
- Remove from burner.



5

Make Corn Pico de Gallo and Finish Dish

- To bowl with **corn**, add **tomato, 2 tsp. lime juice, minced jalapeño** (to taste), 1 Tbsp. **shallot** (add remaining to taste), **cilantro, ¼ tsp. salt**, and a pinch of **pepper**. Stir to combine.
- Plate dish as pictured on front of card, topping **rice** with **black beans, plantains**, and corn pico de gallo. Garnish with **jalapeño rounds** (to taste) and squeeze **lime wedges** over to taste. Bon appétit!