



#### In your box

- 2 Green Onions
- 2 oz. Teriyaki Glaze
- 6 oz. Broccoli Florets
- 1 Red Bell Pepper
- 3 oz. Shiitake Mushrooms
- 8 oz. Cooked Asian Noodles
- ½ oz. Toasted Sesame Oil
- 1 tsp. Sriracha
- 1 tsp. Multicolor Sesame Seeds

#### Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Shrimp

\*Contains: wheat, soy

#### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Medium Pot, Baking Sheet, Mixing Bowl



## Teriyaki Charred Broccoli and Shiitake Mushrooms

with sesame noodles

NUTRITION per serving—Calories: 392, Carbohydrates: 53g, Fat: 24g, Protein: 12g, Sodium: 1297mg.

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

30-40 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
- Preheat oven to **400 degrees**
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions, teriyaki glaze**

### Customize It Instructions

- Meat lovers! If using a protein, cook in a medium non-stick pan over medium-high heat. If using **shrimp**, pat dry and season all over with a pinch of salt and pepper. Cook with 2 tsp. **olive oil** until shrimp reaches minimum internal temperature, 2-3 minutes per side. If using **chicken**, pat dry and season all over with ¼ tsp. salt and a pinch of pepper. Stir occasionally, with 2 tsp. olive oil, until chicken reaches minimum internal temperature, 5-7 minutes.

Minimum Internal Temperature

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



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### Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Stem, seed, remove ribs, and slice **red bell pepper** into ¼" strips. Halve strips.
- Stem **mushrooms** and cut caps into ¼" strips. Discard stems.
- Trim and slice white portions of **green onions** into ½" pieces. Thinly slice green portions of green onions on an angle. Keep white and green portions separate.



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### Roast the Vegetables

- Place **broccoli, red bell pepper, mushrooms, and white portions of green onions** on prepared baking sheet. Toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer. Roast in hot oven until vegetables are tender and broccoli just begins to char, 20-25 minutes.
- Rest roasted vegetables at least 5 minutes.
- While vegetables roast, make dressing.



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### Make the Dressing

- In a mixing bowl, combine **teriyaki glaze** (reserve 1 Tbsp. for garnish), 2 Tbsp. **water**, **sesame oil**, and **Sriracha** (to taste). Set aside.



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### Heat the Pasta

- Place a medium pot over medium-high heat. Add **pasta, dressing**, and **green portions of green onions** to hot pot. Stir until combined and heated through, 1-2 minutes.
- Remove from burner.



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### Finish the Dish

- Plate dish as pictured on front of card, placing **vegetables** on **pasta** and garnishing with reserved **teriyaki glaze**, remaining green portions of green onions, and **sesame seeds**. *If desired, mix vegetables with pasta. Bon appétit!*