



#### In your box

1 tsp. Multicolor Sesame Seeds  
1 Avocado  
¾ cup Jasmine Rice  
18 oz. Sweet Potato  
6 oz. Snap Peas  
1 Lime  
3 fl. oz. Garlic Sesame Sauce  
2 tsp. Sriracha  
3 oz. Matchstick Carrots

#### Customize It Options

8 oz. Jumbo Shrimp  
8 oz. Shrimp  
13 oz. Boneless Skinless Chicken Breasts

\*Contains: wheat, soy

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Small Pot, Mixing Bowl, Large Non-Stick Pan



## Sesame Sweet Potatoes and Avocado

with snap peas and jasmine rice

NUTRITION per serving—Calories: 838, Carbohydrates: 139g, Fat: 34g, Protein: 15g, Sodium: 1562mg.

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

4 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**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic sesame-Sriracha sauce, sesame seeds**
- Check **avocado** for ripeness upon delivery. If unripe, close in a paper bag, either alone or with a banana, apple, or tomato. Let sit on a counter for a couple days.

### Customize It Instructions

- Meat lovers! If using proteins, cook in a medium non-stick pan with 2 tsp. **olive oil**. If using **chicken**, pat dry and season both sides with a pinch of **salt** and **pepper**. Cook over medium heat until chicken reaches minimum internal temperature, 5-7 minutes per side. If using **regular shrimp** or **jumbo shrimp**, pat dry and season all over with a pinch of salt and pepper. Cook over medium-high heat until shrimp reaches a minimum internal temperature, 2-3 minutes per side. Add to meal as desired.

Minimum Internal Temperature

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



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### Roast the Sweet Potato

- Cut **sweet potato** into ½" dice.
- Place sweet potato on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into sweet potatoes.
- Spread into a single layer and roast in hot oven until tender, 25-30 minutes.
- While sweet potato roasts, cook rice



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### Cook the Rice

- Bring a small pot with 1½ cups **water**, **rice**, and a pinch of **salt** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner. Cover and set aside.
- While rice cooks, prepare ingredients.



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### Prepare the Ingredients

- If desired, pull strings from **snap peas**. If string is hard to find and remove, make a very thin cut lengthwise along the string.
- Quarter **lime**.
- Combine **garlic sesame sauce**, **Sriracha** (to taste), and 2 Tbsp. **water** in a mixing bowl. Set aside.



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### Cook Vegetables and Prepare Avocado

- Place a large non-stick pan over medium-high heat. Add 1 tsp. **olive oil**, **snap peas**, and **matchstick carrots** to hot pan. Stir constantly until snap peas are tender but still crisp, 2-4 minutes.
- Stir in 1 Tbsp. **garlic sesame-Sriracha sauce** (reserve remaining for sweet potato). Bring to a simmer. Once simmering, cook until sauce thickens slightly, 30-60 seconds.
- Transfer vegetables to a plate. Reserve pan; no need to wipe clean.
- Halve **avocado** and remove pit by carefully tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon. Cut into ¼" slices.



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### Glaze Sweet Potato and Finish Dish

- Return pan used to cook vegetables to medium-high heat. Add **sweet potato**, remaining **garlic sesame-Sriracha sauce**, and half the **sesame seeds** (reserve remaining for garnish) to hot pan. Stir to combine.
- Bring to a simmer. Once simmering, stir constantly until sauce thickens to coat potatoes, 1-2 minutes.
- Remove from burner. Season with a pinch of **salt** and **pepper**.
- Plate dish as pictured on front of card, placing sweet potato, **vegetables**, and **avocado** on **rice**. Garnish with remaining sesame seeds. Squeeze **lime wedges** over meal to taste. Bon appétit!