



In your box

- 2 oz. Sour Cream
- 1 Shallot
- 8 oz. Slaw Mix
- 1 tsp. Curry Seasoning
- 2 tsp. Chicken Broth Concentrate
- ½ oz. Cilantro
- 8 oz. Precooked Rice Pilaf

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

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

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

15 Minute Meal Kit



Tandoori Chicken

with cilantro and shallot rice

NUTRITION per serving—Calories: 629, Carbohydrates: 48g, Sugar: 9g, Fiber: 4g, Protein: 45g, Sodium: 1733mg, Fat: 27g, Saturated Fat: 7g
 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

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

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



1. Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken breasts to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Transfer chicken to a plate. Reserve pan; no need to wipe clean.
- While chicken cooks, prepare ingredients.



2. Prepare the Ingredients

- Coarsely chop **cilantro** (no need to stem).
- Peel and halve **shallot**. Slice halves into thin strips.
- Carefully massage **rice** in bag to break up any clumps.

Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Step 1, cooking until steak reaches minimum internal temperature, 5-7 minutes per side.
- If using **salmon fillets**, pat dry and season flesh side with a pinch of **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 1, cooking until salmon skin side up first reaches minimum internal temperature, 4-6 minutes per side.



3. Cook the Rice

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **shallot** and **slaw mix** to hot pan and stir occasionally until tender, 2-3 minutes.
- Stir in **rice**, 2 Tbsp. **water**, and **chicken base**. Cook until rice is warmed through, 2-3 minutes.



4. Make Sauce and Finish Dish

- In a mixing bowl, combine **curry powder**, **sour cream**, **cilantro** (reserve a pinch for garnish), 2 tsp. **olive oil**, and 1 Tbsp. **water**.
- Return pan used to cook chicken to medium-high heat. Add sour cream mixture to hot pan and bring to a simmer.
- Once simmering, remove from burner. Add **chicken** and flip until completely coated.
- Plate dish as pictured on front of card, garnishing chicken with reserved cilantro. Bon appétit!