



### In your box

- ½ cup Tempura Mix
- ¼ tsp. Red Pepper Flakes
- 6 fl. oz. Canola Oil
- 2 fl. oz. Orange Sauce
- 4 oz. Shredded Brussels Sprouts
- 1 tsp. Umami Seasoning
- ¾ cup Jasmine Rice
- 2 Green Onions
- 2 Heads of Baby Bok Choy

### Customize It Options

- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts

\*Contains: wheat, soy

### You will need

- Salt, Pepper
- Medium Non-Stick Pan, Small Pot,
- 2 Microwave-Safe Bowls

### Minimum Internal Protein Temperature

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

Classic Meal Kit



## Spicy Orange Brussels Sprouts Fritters

with bok choy rice

NUTRITION per serving—Calories: 933, Carbohydrates: 113g, Sugar: 16g, Fiber: 7g, Protein: 9g, Sodium: 1579mg, Fat: 51g, Saturated Fat: 4g  
 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

40-50 min.

Cook Within

7 days

Difficulty Level

Intermediate

Spice Level

Mild

## 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: **green onions**
- Only a pinch of **red pepper flakes** is used in this recipe.



## Customize It Instructions

- Meat lovers! If adding protein, pat dry and season with a pinch of **salt** and **pepper** and cook with 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. If using **chicken breasts**, cook until chicken reaches minimum internal temperature, 5-7 minutes per side. If using **salmon fillets**, cook, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side. If using **NY strip steak**, cook until steak reaches minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve. Add to meal as desired.

### 1. Start Rice and Prepare Ingredients

- Remove any discolored outer leaves from **bok choy** and trim ends. Cut into ¼" strips, keeping leaves and stems separate.
- Bring a small pot with **rice**, bok choy stems, and 1½ cups **water** to a boil. Reduce to a simmer, cover, and cook until rice and bok choy are tender, 15-18 minutes.
- While rice and bok choy cook, thinly slice **green onions**, keeping white and green portions separate.

### 2. Finish the Rice

- Uncover, and stir in **bok choy leaves** and **seasoning blend**. Cover and set aside.
- While rice cooks, make fritter batter.



### 3. Make the Fritter Batter

- Place **Brussels sprouts**, ¼ cup **water**, and a pinch of **salt** in a microwave-safe bowl. Cover with a damp paper towel and microwave on high, 1 minute.
- Add **tempura mix** and **white portions of green onions** and combine thoroughly. Add ¼ cup water and stir until combined and a thin batter forms. Stir in a pinch of **pepper**. *If too thick, add additional cold water, 1 Tbsp. at a time, until desired consistency is reached.*



### 4. Cook the Fritters

- Add **canola oil** to a medium non-stick pan and place over medium-high heat. Let heat, 5 minutes.
- While oil heats, line a plate with a paper towel.
- Test oil temperature by adding a pinch of **fritter batter** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Working in batches, carefully add 2 Tbsp. dollops of fritter batter to hot oil, 2-4 at a time. Cook undisturbed until golden brown, 2-4 minutes per side. *Flip fritters gently (use chopsticks or tongs for best results).*
- Remove fritters to towel-lined plate. Repeat with remaining batter. *Batter should make about six fritters total.*



### 5. Heat Sauce and Finish Dish

- In another microwave-safe bowl, combine **orange sauce**, a pinch of **red pepper flakes** (remaining is yours to do with as you please!), and 1 Tbsp. **water**. Cover with a damp paper towel and microwave until sauce is bubbling, 1-2 minutes.
- Plate dish as pictured on front of card, topping **fritters** with sauce. Garnish meal with **green portions of green onions**. Bon appétit!