



### 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

- 10 oz. USDA Choice Sliced Flank Steak
- 13 oz. Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 12 oz. Impossible Burger

\*Contains: wheat, soy

### You will need

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

### Minimum Internal Protein Temperature

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

Classic Meal Kit



## Sesame Sweet Potatoes and Avocado

with snap peas and jasmine rice

NUTRITION per serving—Calories: 834, Carbohydrates: 139g, Sugar: 22g, Fiber: 19g, Protein: 14g, Sodium: 1561mg, Fat: 25g, Saturated Fat: 3g  
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

All cook times are approximate based on testing.

- 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

- Meatlovers! If adding protein, 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**, pat dry and, on a separate cutting board, cut into 1" dice. Stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **shrimp**, pat dry and cook undisturbed until shrimp reaches minimum internal temperature, 2-3 minutes per side. If using **Impossible burger**, break up burger until heated through, 4-6 minutes. If using **flank steak**, separate into a single layer and pat dry. Stir occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes. Add to meal as desired.

### 1. 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, salt, and pepper into sweet potatoes.
- Spread into a single layer and roast in hot oven until tender, 25-30 minutes.
- While sweet potato roasts, cook rice.

### 2. 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.



### 3. 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.



### 4. Cook Vegetables and Prepare Avocado

- Place a large non-stick pan over medium-high heat. Add 1 tsp. **olive oil**, **snap peas**, and **carrots** to hot pan. Stir constantly until 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.



### 5. 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, 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!