



In your box

- ½ tsp. Multicolor Sesame Seeds
- 1 Avocado
- 5.47 oz. Long Grain White Rice
- 18 oz. Sweet Potato
- 6 oz. Snap Peas
- 1 Lime
- 3 fl. oz. Garlic Sesame Sauce
- 1 tsp. Sriracha
- 3 oz. Matchstick Carrots
- Customize It Options**
- 8 oz. Shrimp
- 10 oz. USDA Choice Sliced Flank Steak
- 10 oz. Diced Boneless Skinless Chicken Breasts
- 10 oz. Ground Pork

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

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	

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



Sesame Sweet Potatoes and Avocado

with snap peas and rice

NUTRITION per serving—Calories: 830, Carbohydrates: 139g, Sugar: 22g, Fiber: 19g, Protein: 14g, Sodium: 1520mg, 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
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic sesame-Sriracha sauce**
- 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 using protein, cook in a medium non-stick pan over medium heat with 1 tsp. **olive oil**. If using **diced chicken breasts**, stir occasionally until chicken reaches minimum internal temperature, 5-7 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. If using **ground pork**, break up pork until no pink remains and pork reaches minimum internal temperature, 4-6 minutes. If using **shrimp**, cook until shrimp reach minimum internal temperature, 2-3 minutes per side. 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 potato.
- 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 1¼ cups **water**, **rice**, and a pinch of **salt** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 15-18 minutes.
- Remove from burner. Cover and set aside.
- While rice cooks, prepare ingredients.



3. Prepare Ingredients and Make Sauce

- 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, stir occasionally 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** and remaining **garlic sesame sauce** to hot pan. Stir to combine, then 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 **sesame seeds**. Squeeze **lime wedges** over meal to taste. Bon appétit!