



In your box

2 Green Onions
4 oz. Teriyaki Glaze
8 oz. Broccoli Florets
1 Red Bell Pepper
3 oz. Shiitake Mushrooms
6 oz. Linguine
½ oz. Toasted Sesame Oil
1 tsp. Sriracha
1 tsp. Multicolor Sesame Seeds

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
10 oz. Ground Beef
12 oz. Salmon Fillets

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Medium Pot, Baking Sheet, Colander, Mixing Bowl



Teriyaki Charred Broccoli and Shiitake Mushrooms

with sesame noodles

NUTRITION per serving—Calories: 573, Carbohydrates: 94g, Fat: 24g, Protein: 19g, Sodium: 1523mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time
30-40 min.

Cook Within
7 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
- Bring 8 cups water and 2 tsp. salt to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: green onions, teriyaki glaze

Customize It Instructions

- Meat lovers! If using protein, cook while pasta boils. Use a medium non-stick pan over medium-high heat, and place cooked proteins on pasta during plating.
- If using **chicken**, pat dry and cut into 1" pieces. Season all over with ¼ tsp. salt and a pinch of pepper. Stir occasionally with 2 tsp. olive oil until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **salmon**, pat dry and season flesh-side with a pinch of salt and pepper. Cook with 2 tsp. olive oil until salmon reaches minimum internal temperature, 4-6 minutes per side. Transfer to a plate and, using a fork, carefully remove skin and flake into bite-size pieces.
- If using **ground beef**, season with ¼ tsp. salt and a pinch of pepper and cook, breaking into small pieces, until no pink remains, 4-6 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces, if necessary.
- Stem, seed, remove ribs, and slice **red bell pepper** into ¼" strips. Halve strips.
- Stem **mushrooms** and cut caps into ¼" strips. Discard stems.
- Trim and slice white portion of **green onions** into ½" pieces. Thinly slice green portion of green onions on an angle. Keep green and white portions separate.



2

Roast the Vegetables

- Place **broccoli, red bell pepper, mushrooms, and white portions of green onions** on prepared baking sheet. Toss with 2 tsp. **olive oil** and a pinch of **salt and pepper**.
- Spread into a single layer. Roast in hot oven until vegetables are tender and broccoli just begins to char, 20-25 minutes.
- Rest roasted vegetables at least 5 minutes.
- While vegetables roast, cook pasta.



3

Cook the Pasta

- Add **pasta** to boiling water and cook until al dente, 10-12 minutes.
- Drain pasta in a colander and return to pot. Set aside.
- While pasta cooks, make sesame dressing.



4

Make the Dressing

- In a mixing bowl, stir together **teriyaki glaze** (reserve 1 Tbsp. for garnish), 2 Tbsp. **water**, **sesame oil**, and **Sriracha** (to taste). Set aside.



5

Toss Pasta and Finish Dish

- Add **dressing** and half the **green portions of green onions** (reserve remaining for garnish) to pot with **pasta**. Toss to combine.
- Plate dish as pictured on front of card, placing **vegetables** on pasta and garnishing with reserved **teriyaki glaze**, remaining green portions of green onions, and **sesame seeds**. Bon appetit!