



In your box

- ¼ tsp. Red Pepper Flakes
- 1 fl. oz. Honey
- ¾ cup Jasmine Rice
- 1 tsp. Asian Garlic and Ginger Seasoning
- 2 Heads of Baby Bok Choy
- 2 Garlic Cloves
- 1 Lime
- 1 tsp. Multicolor Sesame Seeds
- 3 fl. oz. Garlic Sesame Sauce

Customize It Options

- 10 oz. Steak Strips
- 8 oz. Shrimp
- 10 oz. USDA Choice Sliced Flank Steak
- 14 oz. Diced Chicken Thighs

*Contains: wheat, soy, shellfish (shrimp)

You will need

- Olive Oil, Salt, Pepper
- Small Pot, Large Non-Stick Pan



Staff Pick

Sticky Honey Garlic Sesame Steak Strips

with jasmine rice and baby bok choy

NUTRITION per serving—Calories: 678, Carbohydrates: 86g, Fat: 28g, Protein: 36g, Sodium: 1643mg.

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

25-35 min.

Cook Within

6 days

Difficulty Level

Easy

Spice Level

Medium

👑 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

Customize It Instructions

- If using **flank steak**, follow same instructions as steak strips.
- If using **shrimp**, pat dry and season with a pinch of **salt** and **pepper**. Follow same instructions as steak strips in Step 4, cooking shrimp undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes.
- If using **diced chicken thighs**, pat dry and season all over with ¼ tsp. salt and a pinch of pepper. Follow same instructions as steak strips in Step 4, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.

Minimum Internal Temperature

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



1

Cook the Rice

- Bring a small pot with **jasmine rice** and 1½ cups **water** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner. Add half the **seasoning blend** and fluff rice with a fork to combine. Taste, and add remaining seasoning blend if desired. Cover and set aside.
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Remove any discolored outer leaves from **bok choy** and trim ends. Cut stems into ¼" slices and coarsely chop leaves, keeping stems and leaves separate.
- Halve **lime**. Quarter one half and juice the other half.
- Mince **garlic**.
- Separate **steak strips** into a single layer and pat dry. Season with ¼ tsp. **salt** and a pinch of **pepper**.



3

Cook the Bok Choy

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **bok choy stems** to hot pan and stir occasionally until softened, 5-7 minutes.
- Add **garlic**, **bok choy leaves**, ¼ tsp. **salt**, and a pinch of **pepper**. Stir often until leaves are just wilted, 1-2 minutes.
- Add 1 Tbsp. **lime juice** and bring to a simmer. Once simmering, remove from burner. Transfer bok choy to a plate and tent with foil.
- Reserve pan; no need to wipe clean.



4

Cook the Steak Strips

- Return pan used to cook bok choy to medium-high heat and add 1 tsp. **olive oil**. Add **steak strips** to hot pan and stir occasionally until no pink remains, 4-6 minutes.
- Stir in **sesame sauce** and **honey**. Bring to a simmer. Once simmering, stir occasionally until sauce coats steak strips, 1-2 minutes.
- Remove from burner.



5

Finish the Dish

- *If desired, combine steak strips with bok choy.*
- Plate dish as pictured on front of card, topping **rice** with **bok choy** and **steak strips**, and garnishing with **sesame seeds** and **red pepper flakes** (to taste). Squeeze **limes** over dish to taste. Bon appétit!