



6 Portion Meal

Japanese Steak Bento Bowl

with rice, broccoli, and roasted peanuts



NUTRITION per serving—Calories: 535, Carbohydrates: 60g, Fat: 20g, Protein: 28g, Sodium: 1202mg.

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

45-55 min.

Cook Within

6 days

Difficulty Level

Intermediate

Spice Level

Mild

In your box

16 oz. Carrot
8 fl. oz. Garlic Sesame Sauce
1 tsp. Seasoned Salt Blend
2 oz. Roasted Peanuts
1 oz. Mirin
1 ½ cup Jasmine Rice
12 oz. Broccoli Florets
¼ tsp. Red Pepper Flakes
1 tsp. Cornstarch

Customize It Options

20 oz. Steak Strips
24 oz. Diced Boneless Skinless Chicken Breasts
24 oz. Extra Firm Tofu
20 oz. USDA Choice Sliced Flank Steak

*Contains: wheat, peanuts, soy

You will need

Olive Oil, Salt, Pepper
Large Non-Stick Pan, Medium Pot, Mixing Bowl

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 **diced chicken breast**, follow same instruction as steak strips in Steps 2 and 3, stirring occasionally until chicken reaches a minimum internal temperature, 5-7 minutes per side.
- If using **tofu**, line a plate with a paper towel. Cut tofu into 1" dice and place on towel-lined plate. Top with paper towels, then press gently but firmly to remove excess moisture. Follow same instructions as steak strips in Step 3, stirring occasionally until lightly browned, 6-8 minutes.

Minimum Internal Temperature

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



1

Cook the Rice

- Bring a medium pot with **rice**, 3 cups **water**, and $\frac{1}{4}$ tsp. **salt** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and set aside covered.
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces, if necessary.
- Coarsely chop **peanuts**.
- Peel, trim, and cut **carrot** into $\frac{1}{4}$ " slices on an angle.
- In a mixing bowl, combine **cornstarch** and 2 tsp. **water** until dissolved.
- Separate **steak strips** into a single layer and pat dry. Season all over with **seasoned salt** and a pinch of **pepper**.



3

Cook the Steak Strips

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Working in batches if necessary, add **steak strips** to hot pan and stir occasionally until no pink remains, 5-7 minutes.
- Transfer steak strips to a plate. Keep pan over medium-high heat.



4

Cook the Vegetables

- Return pan used to cook steak strips to medium-high heat and add 2 tsp. **olive oil**. Add **carrot** and a pinch of **salt** and **pepper** to hot pan. Stir often until lightly browned, 2-3 minutes.
- Add $\frac{1}{4}$ cup **water**, and cover. Cook until water is mostly evaporated and carrots are tender, 3-5 minutes.
- Transfer carrot to a plate. Keep pan over medium-high heat. Add 2 tsp. olive oil, **broccoli**, and a pinch of salt and pepper to hot pan. Stir occasionally until tender and lightly browned, 5-7 minutes.



5

Finish the Dish

- Stir **cornstarch mixture** to recombine
- Add cornstarch mixture, **carrots**, **steak strips** and any accumulated juices, **garlic sesame sauce**, and **mirin** to pan. Stir until steak strips and vegetables are lightly glazed, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **rice** with **steak strips** and **vegetables** and garnishing with **peanuts** and **red pepper flakes** (to taste). Bon appétit!