



In your box

2 tsp. Sriracha
3 Heads of Baby Bok Choy
6 oz. Satay Sauce
5 oz. Edamame
.60 fl. oz. Tamari Soy Sauce
3 oz. Shredded Red Cabbage
1 ½ cup Jasmine Rice
2 oz. Honey Roasted Peanuts

Customize It Options

24 oz. Diced Boneless Skinless Chicken Breasts
16 oz. Shrimp
24 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: wheat, peanuts, soy, fish (anchovy), shellfish (shrimp)

You will need

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



6-Portion Meal

Chicken Satay Rice Bowl

with bok choy and peanuts

NUTRITION per serving—Calories: 510, Carbohydrates: 60g, Fat: 15g, Protein: 33g, Sodium: 1210mg.

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

5 days

Difficulty Level

Easy

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

Customize It Instructions

- If using **whole chicken breasts**, pat dry and, on a separate cutting board, cut into 1" dice. Follow same instructions as diced chicken in Steps 2 and 4.
- If using **shrimp**, pat dry and season all over with a pinch of **salt** and **pepper**. Follow same instructions as diced chicken in Step 4, cooking undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes.

Minimum Internal Temperature

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



1

Cook the Rice

- Bring a medium pot with **rice** and 3 cups **water** to a boil. Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and add **soy sauce**. Fluff rice to combine. 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 into ¼" slices.
- Pat **chicken** dry, and season all over with ½ tsp. **salt** and a pinch of **pepper**.



4

Cook the Chicken

- Return pan used to cook vegetables to medium heat and add 4 tsp. **olive oil**. Add chicken to hot pan and stir occasionally until chicken is lightly browned and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Add **satay sauce** and **Sriracha** (to taste) and stir until heated through, 1-2 minutes.
- Remove from burner.
- *If desired, combine vegetables and chicken.*



3

Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **bok choy**, **red cabbage**, **edamame**, ½ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until tender, 3-5 minutes.
- Transfer to a plate or bowl. Reserve pan; no need to wipe clean.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **rice** with **vegetables** and **chicken**, and garnishing with **peanuts**. Bon appétit!