



In your box

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

Customize It Options

- 20 oz. Steak Strips
- 27 oz. Organic Boneless Skinless Chicken Breasts
- 20 oz. Antibiotic-Free Ground Beef
- 20 oz. USDA Choice Sliced Flank Steak
- 24 oz. Ground Turkey

*Contains: wheat, peanuts, soy

You will need

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



6-Portion Meal

Garlic-Sesame 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

👑 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 **ground turkey**, follow same instructions as steak strips in Step 3, cooking with **seasoned salt** and a pinch of **pepper** and breaking up with a spoon until no pink remains and meat reaches a minimum internal temperature of 165 degrees, 7-9 minutes.
- If using **ground beef**, follow same instructions as steak strips in Step 3, cooking with seasoned salt and a pinch of pepper and breaking up with a spoon until no pink remains, and meat reaches a minimum internal temperature of 160 degrees, 4-6 minutes.
- If using **chicken**, pat dry, and cut into 1" dice. Season all over with seasoned salt and a pinch of pepper. Follow same instructions as steak strips in Step 3, 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 large pot with **rice**, 3 cups **water**, and ¼ 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 ¼" 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. Wipe pan clean and reserve.



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 ¼ 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

Make Sauce and Finish Dish

- Stir **cornstarch mixture** to recombine.
- Add cornstarch mixture, **carrot**, **steak strips** and any **accumulated juices**, **garlic sesame sauce**, and **mirin** to hot 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!