



In your box

- 8 ½ oz. Cooked Jasmine Rice
- .40 fl. oz. Tamari Soy Sauce
- 2 Green Onions
- 2 oz. Sweet Chili Sauce
- 5 oz. Edamame
- 1 tsp. Multicolor Sesame Seeds

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: soy

You will need

- Olive Oil, Salt, Pepper
- 2 Medium Non-Stick Pans



Thai-Chili Chicken

with edamame fried rice

NUTRITION per serving—Calories: 623, Carbohydrates: 63g, Fat: 26g, Protein: 51g, Sodium: 1510mg.

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

15 min.

Cook Within

4 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
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **salmon fillets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Steps 1 and 3, cooking until salmon reaches minimum internal temperature, 4-6 minutes per side.

Minimum Internal Temperature

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



1

Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken breasts to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- While chicken cooks, make rice.



3

Finish the Chicken

- Once **chicken** is cooked, remove from burner. Add **sauce** and flip to coat.



2

Make the Rice

- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Heat 2 tsp. **olive oil** in a medium non-stick pan over medium heat.
- Add **edamame** and **white portions of green onions** to hot pan. Stir occasionally until lightly charred, 3-5 minutes.
- Stir in **rice**, $\frac{1}{4}$ cup **water**, **soy sauce**, and a pinch of **pepper**. If rice is in clumps, carefully break up in pan. Stir occasionally until warmed through, 1-2 minutes.
- Remove from burner.



4

Finish the Dish

- Plate dish as pictured on front of card, garnishing chicken with **sesame seeds** and rice with **green portions of green onions**. Bon appétit!