



In your box

5 oz. Sliced Bok Choy
8 ½ oz. Cooked Jasmine Rice
1 oz. Roasted Peanuts
3 oz. Edamame
3 oz. Satay Sauce
1 tsp. Sriracha

Customize It Options

12 oz. Diced Boneless Skinless Chicken Breasts
8 oz. Shrimp
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
13 ½ oz. Organic Boneless Skinless Chicken Breasts

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

You will need

Olive Oil, Salt, Pepper
2 Medium Non-Stick Pans, Microwave-Safe Bowl, Mixing Bowl



Ready in 15

Chicken Satay Rice Bowl

with bok choy and peanuts

NUTRITION per serving—Calories: 719, Carbohydrates: 68g, Fat: 27g, Protein: 51g, Sodium: 1432mg.

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

Customize It Instructions

- If using **whole chicken breast**, pat dry and, on a separate cutting board, cut into 1" dice. Follow same instructions as diced chicken.
- If using **shrimp**, follow same instructions as chicken in Step 1, cooking until shrimp reaches minimum internal temperature, 2-3 minutes per side.

Minimum Internal Temperature

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



1

Cook the Chicken

- Pat **chicken** dry, and season with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 1 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.
- Transfer chicken to a mixing bowl.
- While chicken cooks, make bok choy and rice.



3

Glaze Chicken and Chop Peanuts

- To bowl with **chicken**, add **satay sauce** and **Sriracha** (to taste). Stir to combine.
- Coarsely chop **peanuts**.



2

Make Bok Choy and Rice

- Place another medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **bok choy** to hot pan and stir occasionally until tender, 3-5 minutes.
- While bok choy cooks, place **jasmine rice**, **edamame**, and 1 Tbsp. **water** in a microwave-safe bowl. Cover with a damp paper towel. Microwave until warm, 2 minutes.
- Fluff rice with a fork.
- Add rice, ¼ tsp. **salt**, and a pinch of **pepper** to pan and stir to combine. Remove from burner.



4

Finish the Dish

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