

Bibimbap

Forbidden Calrose Rice Blend

Serves 2

Allergens: gluten, sesame, soy, egg

Ingredients:

Forbidden rice blend, cooked
Whole eggs, pan-fried
Shredded carrots
Shredded zucchini
Marinated shiitake mushrooms
Sesame spinach
Beansprouts
Gochujang Bibimbap Sauce

Assembly

1. Heat rice in the microwave until heated through.
2. Pan fry egg over easy or sunny side up.
3. Heat assorted vegetables in microwave until warmed through.
4. Assemble entrée according to picture and drizzle with sauce.
5. Enjoy!



Chicken Stir Fry

Steamed Calrose Rice

Serves 2

Allergens: soy, gluten, sesame

Ingredients:

Chicken thigh, diced or strips
Stir fry sauce
Bell peppers, strips
Carrot, peeled, sliced or julienned
Onion, diced or strips
Green onion, sliced on bias
Vegetable oil
Jasmine rice
Salt



Rice:

1. In a small pot, bring 1 cup of water to a boil and add rice, reduce heat to a simmer, cover and cook on low heat for 10 to 12 minutes until rice is fully cooked and can be fluffed with a fork.

Chicken:

1. Heat pan over high heat with a little oil to coat the bottom of the pan.
2. Add cut chicken and sauté for 2 to 3 minutes. Reduce heat to medium.
3. Add bell peppers, carrots, and red onion, and continue to sauté for 3 to 4 minutes. Season to taste with salt.
4. Add stir fry sauce, and continue to cook for an additional 2 minutes.
5. Serve with rice and garnish with sliced green onions.

Nicoise Salad with Salmon

Serves 2

Allergens: fish, egg, dressing - soy

Ingredients:

Spring mix
Seared salmon
Green beans
Red onions, sliced thin
Cherry tomatoes, cut in quarters
Kalamata olives
Egg, cut in halves
Red potatoes, cut in quarters
Champagne vinaigrette (soy)



Hash

1. Plate spring mix on center of plates.
2. Garnish salad according to picture.
3. Serve with champagne vinaigrette.
4. Enjoy!

Pasta Primavera with Chicken or Gardein

Parmesan Cheese

Serves 2

Allergens: gluten, dairy (Gardein contains soy)

Ingredients:

2 chicken breast

1 Tbsp oil

Green Beans, trimmed 2" pieces

Mushrooms, sliced

Salt & pepper

Cherry tomato

Fresh basil, julienned

Carrot, peeled, cut with peeler to ribbons

Fettuccini

Parmesan cheese

Peas

Pesto sauce



Assembly

Pasta

1. Bring a medium pot of salted water to a boil, add pasta and cook until al dente. Drain and reserve.

Chicken or Gardein

1. Season both sides of chicken or Gardein with salt and pepper.
2. Preheat a sauté pan over medium heat, and add oil. When oil is hot add chicken breast, and cook for 3-4 minutes per side. If preparing Gardein, heat until heated through.
3. When done, remove from pan and reserve

Vegetables

1. Over medium heat, pre-heat pan. Add oil, when hot, add mushroom, tomato and green beans. Sauté for 3-4 minutes until vegetables are al dente. Season with salt and pepper to taste.
2. Add pasta, carrots, peas and pesto. Combine well.
3. Slice chicken, plate with pasta and vegetables. Garnish with basil and parmesan cheese.

Pork Belly Bao

Cucumber Carrot Salad

Serves 2

Allergens: gluten, soy, sesame, tree nuts

Ingredients:

6 bao buns
Glazed pork belly, cubes
Shredded carrots
Cilantro, sprigs
Chopped green onions
Chopped cashews
Cucumber carrot salad



Assembly

Bao Buns

1. Slightly moisten bao buns with water. Place on a microwavable dish and cover with plastic wrap. Heat for 30 to 40 seconds from frozen. Use less time if defrosted. Use immediately.

Glazed Pork Belly

1. Heat pork belly in microwave until heated through.

Assembly

1. Divide pork belly into 6 servings and place in heated bao buns.
2. Garnish with shredded carrots, cashews, green onions, and cilantro.
3. Serve with cucumber & carrot salad. ENJOY!

Salmon Tacos

Corn Tortilla Chips or Sautéed Zucchini/Tomato

Serves 2

Allergens: Dairy, Seafood

Ingredients:

Corn tortillas
Salmon, cut in long strips
Taco spice mix
Chipotle sour cream
Cabbage, shredded
Avocado, sliced
Pickled peppers
Cilantro

Salsa roja
Corn tortilla chips
Or
Zucchini
Cherry Tomatoes, halved



Assembly

1. Preheat oven to 400 degrees.
2. Slice each piece of salmon in half lengthwise into long strips. Sprinkle on taco spice mix, being sure to reserve a pinch for zucchini (if ordered with sautéed zucchini). place fish on a foil or parchment lined baking sheet. Roast in oven for 15 minutes, or pan sear until done.
3. Heat corn tortillas on a dry fry pan over medium heat, flipping until warm.
4. If ordered with zucchini & tomatoes, continue to step 5.
If ordered with chips, assemble tacos with salmon and remaining condiments, serve as desired.
5. Cut both ends off zucchini. Slice or dice into even cut pieces.
6. Heat pan with a small amount of oil. Add zucchini and sauté briefly. Add halved cherry tomatoes, and season to taste with remaining taco spice mix. Continue cooking for 2 min.
7. Serve sautéed zucchini & tomatoes with tacos as desired.

Thai Coconut Curry with Chicken or Tofu

Steamed Jasmine Rice

Serves 2

Allergens: Tofu option contains soy

Ingredients:

Chicken thigh or tofu, diced
Thai curry paste
Garlic clove, minced
Waterchestnut/bamboo shoot/baby corn mix
Ginger, peeled, minced
Spinach
Cilantro sprigs
Lime juice
Vegetable oil
Jasmine rice
Salt



Rice:

1. In a small pot, bring 9fl oz of water to a boil and add rice, reduce heat to a simmer, cover and cook on low heat for 10 to 12 minutes until rice is fully cooked and can be fluffed with a fork.

Curry:

1. Heat pan over high heat with a little oil to coat the bottom of the pan.
2. If making TOFU curry, skip this step. Add cut chicken and sauté for 3 to 4 minutes. Season to taste with salt. Reduce heat to medium.
3. Add garlic, ginger, waterchestnut, bamboo shoot, baby corn, and spinach. Continue to sauté for 2 to 3 minutes. Season to taste with salt.
4. Add thai curry paste and incorporate well.
5. Add coconut milk and lime juice. If necessary, season to taste with salt.
6. Serve over jasmine rice and garnish with cilantro sprigs.

Tikka Masala

Oven Roasted Flat Bread

Serves 2

Allergens: dairy, gluten, (Tofu Tikka contains soy)

Ingredients:

Basmati rice
Star anise & cardamom
Chaat masala okra
Grilled spiced chicken breast (or tofu)
Tikka masala sauce
Oven roasted flat bread

Assembly

1. In a small pot, add 1 cup of water to rice, star anise & cardamom, cover and simmer on low heat for 10 to 12 minutes until rice is fully cooked and can be fluffed with a fork.
2. Combine chicken (or tofu) and tikka sauce and heat in a microwavable dish and place in a microwave. Stir occasionally. Otherwise, combine in a pot and heat over a stove top.
3. Heat chaat masala okra in microwave or over stove top.
4. Heat flat bread in a toaster until warmed through.
5. Plate according to the picture and enjoy!

