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.
Cilantro Lime Rice

1. Over medium heat, add a tablespoon of oil to a fry pan. Add rice and sauté for 3 minutes. Do not burn.
2. Carefully add 12 fl oz of water, half of lime zest, half of lime juice, and a 1.5 tsp of salt. Cover, reduce heat to low, and let cook for 20 minutes, or until it can be fluffed with a fork and no water remains. Toss in half of chopped cilantro. Remove from heat and hold.

Cheese Sauce

1. Heat bechamel sauce over low heat, stirring frequently while scraping the bottom of the pan so that it doesn’t burn. When hot, add jack cheese.
2. Whisk cheese until fully incorporated into the bechamel sauce. Add milk to desired consistency.
3. Season to taste.

Marinated Lime Chicken

1. In a small bowl, season chicken with remaining lime juice, lime zest, half of remaining cilantro, 2 tsp salt, and minced garlic. If possible, allow chicken to marinate in refrigerator for at least 2 hours.
2. Grill or heat fry pan over high heat. Add 1 tablespoon of vegetable oil. Add chicken breast and let sit for 2 minute before flipping. After flipping, reduce heat to medium-low, cover and allow to cook for another 4 minutes or until cooked through. Remove from pan, set aside, and slice before assembly.
3. Increase heat to medium, add onions, bell peppers, and corn kernels. Sauté until tender, but crisp. Season to taste.

Assembly

1. Place rice in bowl, add sliced chicken, add sautéed vegetables, drizzle cheese sauce, garnish with cotija cheese & cilantro.

Ingredients:

- Chicken breast (if possible, marinate for at least 2 hours)
- Lime, zested
- Garlic, minced
- Cotija cheese
- Cilantro, chopped
- Long grain rice
- Corn cob, kernels removed
- Onion, medium dice
- Bell pepper, medium dice
- Bechamel sauce
- Monterey jack cheese
- Kosher salt
- Whole milk

Serves 2

Allergens: gluten, dairy
### Cilantro Lime Gardein Chicken Bowl

#### Cilantro Lime Rice

**Serves 2**

**Allergens: gluten, dairy, soy**

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#### Cilantro Lime Rice

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3. Remove from heat and hold.

#### Cheese Sauce

1. Heat bechamel sauce over low heat, stirring frequently while scraping the bottom of the pan so that it doesn't burn. When hot, add jack cheese.
2. Whisk cheese until fully incorporated into the bechamel sauce. Add milk to desired consistency.
3. Season to taste.

#### Gardein Chicken

1. In a small bowl, season gardein with remaining lime juice, lime zest, half of remaining cilantro, 1 tsp salt, and minced garlic. If possible, allow chicken to marinate in refrigerator for at least 30 min.

#### Assembly

1. Place rice in bowl, add gardein & sauteed vegetables, drizzle cheese sauce, garnish with cotija cheese & cilantro.
Assembly

1. Preheat oven to 400 degrees. Place chicken on a foiled lined baking tray. Place cherry tomato halves onto the same tray and season with salt & pepper. Heat items for 15 minutes or until chicken is heated through.

2. Heat cream sauce in a small pot over medium-low heat, add pasta and combine well until heated through.

3. Slice chicken and serve over pasta. Garnish with cherry tomatoes, parmesan, julienned basil and a fresh squeeze of lemon juice.
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.
4. Enjoy!
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.

Ingredients:
- 2 chicken breast
- 1 Tbsp oil
- Green Beans, trimmed 2” pieces
- Mushrooms, sliced
- Salt & pepper
- Cherry tomato
- Fresh basil, juliennd
- Carrot, peeled, cut with peeler to ribbons
- Fettuccini
- Parmesan cheese
- Peas
- Pesto sauce
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

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.

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