

## 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 Chicken Bowl

Cilantro Lime Rice

**Serves 2**

**Allergens:** gluten, dairy

### 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



### 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 sauteed vegetables, drizzle cheese sauce, garnish with cotija cheese & cilantro.

## Cilantro Lime Gardein Chicken Bowl

Cilantro Lime Rice

**Serves 2**

**Allergens:** gluten, dairy, soy

### Ingredients:

Gardein chicken  
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  
Vegetable oil  
Whole milk



### 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.
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.
2. Heat fry pan over medium heat. Add 1 tablespoon of vegetable oil. Add add onions, bell peppers, and corn kernels. Saute until tender, but crisp. Add gardein. Sauté until heated through. Season to taste.

### Assembly

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

## Creamy Chicken Parmesan

Shredded Parmesan

**Serves 2**

**Allergens: gluten, dairy**

### Ingredients:

Parmesan crusted chicken  
Pasta  
Cherry tomatoes, halved  
Cream sauce  
Lemon, wedges  
Basil, julienned  
Shredded parmesan  
Kosher salt  
Black pepper

### 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.
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.