

INGREDIENTS

2 PERSON | 4 PERSON



Green Bell Pepper



1 Clove | 2 Cloves



1/2 Cup | 1 Cup White Quinoa



10 oz | 20 oz Chicken Cutlets



4 oz | 8 oz Shredded Red Cabbage



4 TBSP | 8 TBSP Sweet Soy Glaze Contains: Soy, Wheat



2 TBSP | 2 TBSP Szechuan Paste Contains: Soy,



Cornstarch

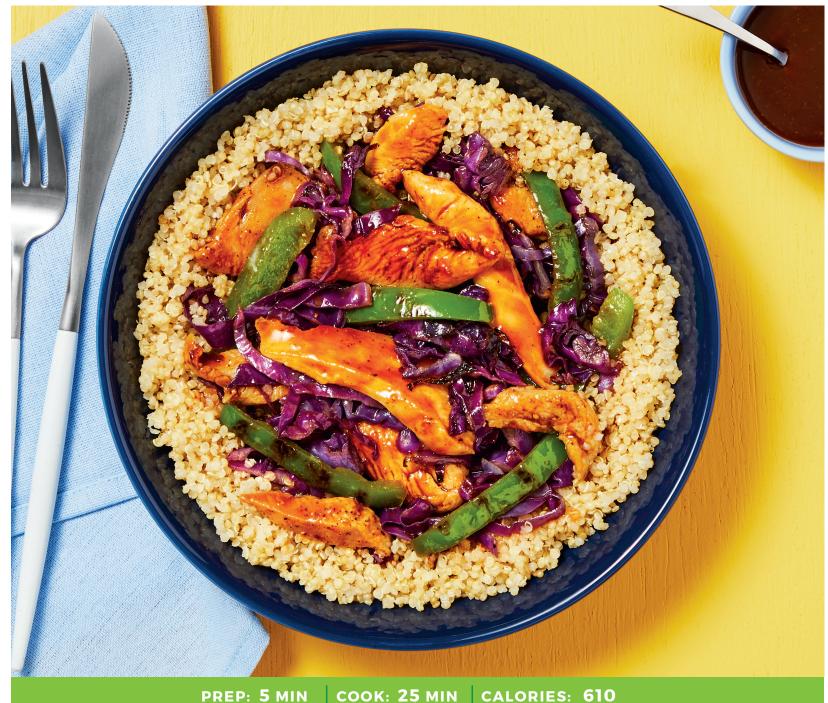
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SZECHUAN PASTE

An umami-packed flavor experience with a zingy chili pepper base and fragrant, Asian-style aromatics

SZECHUAN CHICKEN QUINOA BOWLS

with Bell Pepper & Red Cabbage



COOK: 25 MIN

CALORIES: 610



MAKE IT GRAIN

Fluffing quinoa before serving is a simple (but essential!) step. Why go to the trouble? A fork helps make sure each grain keeps its individual texture, yielding light and tender results (the way it's meant to be).

BUST OUT

- Small pot
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
 Contains: Milk

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1 PREP

- · Wash and dry produce.
- Peel and mince **garlic**. Halve, core, and thinly slice **bell pepper** into strips.



2 COOK QUINOA

- Heat a drizzle of oil in a small pot over medium-high heat. Add garlic; cook, stirring, until fragrant, 30 seconds.
- Stir in 1 cup water and ½ tsp salt
 (2 cups water and ½ tsp salt for
 4 servings). Bring to a boil, then
 add quinoa; cover and reduce to
 a low simmer. Cook until quinoa is
 tender and water has evaporated,
 15-20 minutes. TIP: Drain any excess
 water if necessary.
- Keep covered off heat until ready to serve.



3 PREP & COOK CHICKEN

- While quinoa cooks, pat chicken* dry with paper towels and cut crosswise into ½-inch-thick strips.
- Heat a drizzle of oil in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer chicken to a plate. Wipe out pan.



4 COOK VEGGIES

 Heat a drizzle of oil in pan used for chicken over medium-high heat.
 Add bell pepper and cabbage; cook, stirring occasionally, until lightly browned 2-3 minutes



- 5 FINISH STIR-FRY
- Add sweet soy glaze, half the
 Szechuan paste, half the cornstarch,
 /s cup water, and 1 tsp sugar to pan
 with veggies. (For 4 servings, use all
 the Szechuan paste, all the cornstarch,
 /z cup water, and 2 tsp sugar.) Stir
 to combine
- Add chicken and simmer, stirring occasionally, until sauce is slightly thickened. 1-2 minutes.



- Fluff quinoa with a fork; stir in 1 TBSP butter (2 TBSP for 4 servings).
- Divide quinoa between bowls and top with chicken and veggie stir-fry.
 Spoon any remaining sauce from pan on top and serve.

* Chicken is fully cooked when internal temperature reaches 165°.