



CHICKEN BIBIMBAP - DINNER

KOREAN BURRITO - LUNCH















COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 35 MIN	CALORIES: 600
LUNCH	TOTAL: 5 MIN	CALORIES: 670

INGREDIENTS FOR: 2-person | 4-person

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|---|---|---|---|--|--|
| 
Shredded Carrots
4 oz 8 oz | 
Ginger
1 Thumb 2 Thumbs | 
Zucchini
1 2 | 
Bulgogi Sauce
(Contains: Wheat, Soy)
4 oz 8 oz | 
Pulled Chicken
16 oz 24 oz | 
Sriracha
2 tsp 3 tsp |
| 
White Wine Vinegar
5 tsp 10 tsp | 
Scallions
2 4 | 
Jasmine Rice
1 Cup 2 Cups | 
Soy Sauce
(Contains: Soy)
2 TBSP 4 TBSP | 
Sour Cream
(Contains: Milk)
2 TBSP 4 TBSP | 
Flour Tortillas
(Contains: Wheat)
2 4 |

BUST OUT • 2 Medium bowls • Small pot • Peeler • Large pan • 2 Small bowls • 2 Reusable containers
• Sugar (2 tsp | 4 tsp) • Butter (1 TBSP | 2 TBSP) (Contains: Milk) • Vegetable oil (2 tsp | 4 tsp)

DINNER



1 PICKLE CARROTS AND PREP

Wash and dry all produce. Place **carrots** in a medium bowl. In a small pot, stir together **vinegar**, **2 tsp sugar**, and **2 TBSP water**. Season with **salt** and **pepper**. Bring to a boil over high heat, then carefully pour mixture over carrots in bowl. Set aside, tossing occasionally. Trim, then thinly slice **scallions**, separating greens and whites. Peel **ginger**, then mince or grate 2 TBSP. Halve **zucchini** lengthwise, then slice crosswise into ¼-inch-thick half-moons.



2 COOK RICE

Wipe out pot used for heating vinegar, then add **1 TBSP butter** and place over medium-high heat. Add **scallion whites** and half the **ginger**. Cook, stirring, until fragrant, 1-2 minutes. Stir in **1½ cups water**, **rice**, and a large pinch of **salt** and bring to a boil. Cover, lower heat, and reduce to a simmer. Cook until tender, 15-20 minutes. Keep covered off heat until rest of meal is ready.



3 COOK ZUCCHINI

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **zucchini** and season with **salt** and **pepper**. Cook, tossing, until tender and browned, 3-5 minutes. Remove from pan and set aside in another medium bowl (cover to keep zucchini warm).



4 WARM CHICKEN

Drain **pickling liquid** from **carrots** into a small bowl. Stir **bulgogi sauce** and **soy sauce** into pickling liquid. Heat a drizzle of **oil** in same pan over medium-high heat. Tear **chicken** into bite-sized pieces with your hands and add to pan along with remaining **ginger**. Season with **salt** and **pepper**. Cook, tossing, to combine and warm through, 2-3 minutes. Stir in bulgogi sauce mixture, then remove pan from heat.



5 PLATE AND SERVE DINNER

Fluff **rice** with a fork and season with **salt** and **pepper**. Measure out 2 cups rice and divide between bowls (save the rest for lunch). Set aside half the **chicken** and half the **carrots** for lunch, then add the remainder to bowls along with all of the **zucchini**. Drizzle bowls with up to half the **sriracha** (1 packet). Garnish with half the **scallion greens** and serve.



LUNCH

6 PACK LUNCH FOR TWO

When you're ready to pack lunch, stir together **sour cream** and remaining **sriracha** in another small bowl. Spread mixture onto one side of each **tortilla**. Divide remaining **rice**, **chicken**, **carrots**, and **scallion greens** between tortillas. Roll into burritos and pack in reusable containers. Reheat in microwave before enjoying.