



KOREAN CHICKEN TACOS - DINNER

CHICKEN STIR-FRY - LUNCH



COOK IT ONCE, EAT IT TWICE

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

DINNER	TOTAL: 40 MIN	CALORIES: 720
LUNCH	TOTAL: 5 MIN	CALORIES: 490

INGREDIENTS FOR: 2-person | 4-person

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|--|---|--|--|--|---|--|
| 
Scallions
4 6 | 
Long Green Pepper
1 1 | 
Jasmine Rice
½ Cup ½ Cup | 
Sour Cream
(Contains: Milk)
2 TBSP 4 TBSP | 
Chicken Stir-Fry
20 oz 30 oz | 
Bulgogi Sauce
(Contains: Soy, Wheat)
4 oz 8 oz | 
Moo Shu Spice
1 tsp 1 tsp |
| 
Bell Pepper*
1 1 | 
Lime
1 2 | 
Red Cabbage
4 oz 8 oz | 
Sriracha
3 tsp 4 tsp | 
Soy Sauce
(Contains: Soy)
2 TBSP 2 TBSP | 
Flour Tortillas
(Contains: Wheat)
6 12 | 
Hoisin Sauce
(Contains: Soy, Wheat)
2 TBSP 2 TBSP |

*Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

BUST OUT • Small pot • Medium bowl • Small bowl • Large pan • Paper towels • Large bowl • 2 Reusable containers
• Sugar (½ tsp | 1 tsp) • Vegetable oil (5 tsp | 10 tsp) • Butter (2 TBSP | 4 TBSP) (Contains: Milk)

DINNER



1 PREP AND COOK RICE

Wash and dry all produce. Trim, then thinly slice **scallions**, separating whites from greens. Core, deseed, and thinly slice **bell** and **green peppers**. Halve **lime**, cutting one half into wedges. Bring **1 cup water** and a pinch of **salt** to boil in a small pot. Once boiling, stir in **rice**. Lower heat to a gentle simmer and cover. Cook until tender, 12-14 minutes. Keep covered off heat until you're ready to pack lunch.



4 MAKE CHICKEN STIR-FRY

Heat a large drizzle of **oil** in same pan over medium-high heat. Add **bell** and **green peppers**. Cook, tossing, until softened, 3-5 minutes. Toss in remaining **scallion whites** and cook 1 minute more. Stir in half the **chicken**, **hoisin**, **soy sauce**, and **2 TBSP butter**. Transfer mixture to a large bowl and set aside until you're ready to pack lunch. Wipe out pan with a paper towel. Heat another drizzle of **oil** in same pan over medium-high heat.



2 MARINATE SLAW AND MAKE CREMA

In a medium bowl, combine **juice** from lime half and **½ tsp sugar**. Stir in half the **scallion whites** and a quarter of the **cabbage**. Season with **salt** and **pepper**. Set aside, tossing every now and then. In a small bowl, combine **sour cream** and **sriracha** (to taste). Season with salt and pepper. Stir in **water** 1 tsp at a time until mixture has a drizzling consistency.



5 FINISH AND SERVE DINNER

Add rest of **cabbage** to pan. Cook, tossing, until softened, 2-3 minutes. Squeeze in **juice** of 1 lime wedge. Reduce heat to low, then stir in **bulgogi sauce** and remaining **chicken**. Remove pan from heat. Wrap **tortillas** in a moist paper towel. Microwave on high until warm, about 1 minute. Fill tortillas with bulgogi chicken. Garnish with **slaw**, then drizzle with **crema** and any leftover **sriracha** (to taste). Garnish with half the **scallion greens**. Serve with remaining **lime wedges**.



3 COOK CHICKEN

Pat **chicken** dry with paper towels; season with **salt**, **pepper**, and **moo shu spice**. Heat a large drizzle of **oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add chicken and cook, stirring, until browned and cooked through, 4-7 minutes. Turn off heat; remove chicken from pan and set aside. Wipe out pan with paper towels.

LUNCH



6 FINISH AND SERVE

Fluff **rice** with a fork and divide between reusable containers. Arrange **chicken stir-fry** next to rice and sprinkle with remaining **scallion greens**. Keep refrigerated until ready to eat. Microwave on high for 1-2 minutes before enjoying.