



E P I C U R E™

# March Break Madness

Grab the **March Epic Box** and turn your kitchen into a kid-friendly playground this March break! With some fun, microwaveable recipes and family-friendly flavours, it's the perfect way to get the little ones excited about making meals. No more "I'm bored"—just lots of yummy food and shared moments.



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Boost your kitchen confidence with help from the March Epic Box.

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# Portuguese Smashed Potatoes

20 min | 4 servings | Cost per serving: 1.04 CA/0.88 US

These aren't regular potatoes; these are cool potatoes. Get ready to crush it—literally—with these crispy nuggets that bring a fiery flare. They're so irresistible, you'll be lucky if they make it from the pan to a plate!

## Ingredients

1½ lbs (675 g) baby potatoes  
3 tbsp oil, divided  
½ pkg **Portuguese Chicken Seasoning**, divided  
¼ cup plain 2% Greek yogurt  
2 tbsp milk, your choice

## Instructions

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Place potatoes in **Multipurpose** or **Round Steamer**. Cover and microwave on high 6–8 min. They should be tender.
3. Meanwhile, in a small bowl, add ½ tbsp seasoning, yogurt, and milk. Whisk to combine. Set aside.
4. Remove potatoes from microwave; toss with 2 tbsp oil and remaining seasoning. Spread in a single layer on pan.
5. Using the bottom of a bowl or cup, smash potatoes down to about ¼"–½" thick. Drizzle with remaining 1 tbsp oil and any oil that may be left in the steamer. Roast 10–15 min, until edges start to crisp up. Drizzle sauce on top; serve immediately.

**Perfectly balance your plate:** Serve with 4 oz (113 g) lean protein, and 2 cups leafy greens with 1 tbsp **Epicure Dressing**.

**Per serving:** Calories 250, Fat 11 g (Saturated 1 g, Trans 0.1 g), Cholesterol 0 mg, Sodium 160 mg, Carbohydrates 33 g (Fibre 5 g, Sugar 3 g), Protein 5 g.

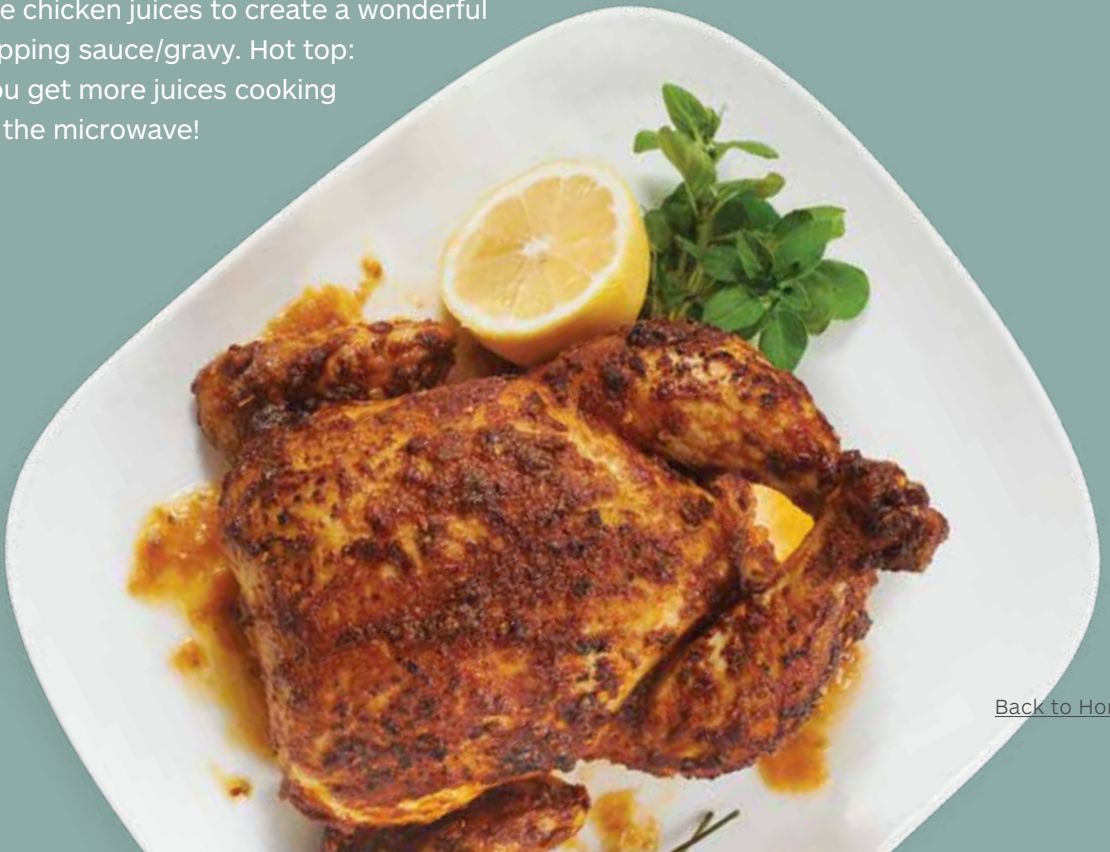
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## Portuguese Chicken Seasoning

- Our Portuguese Chicken rivals Nando's (the popular chicken chain) but our blend has less heat, and is low-sodium, and low-sugar.
- Medium heat level with paprika, chili pepper and a lemony tang.
- As the chicken cooks, the rub seeps into the chicken and drips down the bottom of your steamer along with all the chicken juices to create a wonderful dipping sauce/gravy. Hot top: You get more juices cooking in the microwave!
- Works well with chicken breasts and thighs – coat and roast in the oven on a Sheet Pan.
- Great seasoning for tofu or roasted potatoes.
- Mix blend with melted butter and a squeeze of fresh lemon juice. Drizzle over roasted or steamed fish fillets, shrimp, or crab.



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# Cheeseburger Lasagna

30 min | 6 servings | Cost per serving: 2.76 CA/2.35 US



Revamp your lasagna game with a microwave rethink! Say goodbye to long bake times and hello to speed ‘n ease. This recipe delivers the gooey comfort of a cheeseburger, sandwiched between layers of noodles. Pro tip: layer in 3 cups of baby spinach between the sauce and noodle layers—leafy greens are a great source of vitamin C and potassium!

## Ingredients

- 1 can (28 oz/796 ml) unsalted crushed tomatoes
- 1 lb (450 g) lean ground beef
- 1 ½ cups grated cheddar cheese, divided
- 1 pkg **Cheeseburger Pasta Seasoning**
- ⅓ cup water
- 8 oven-ready lasagna noodles

## Instructions

1. Place tomatoes, beef, ¾ cup cheese, seasoning, and water in a large bowl; mix to combine. Spoon ½ cup into bottom of **Multipurpose Steamer**.
2. Break noodles in half crosswise. Lay four pieces in steamer; top with 1 cup beefy sauce. Repeat three more times, until noodles and sauce are all used (the top layer should be sauce).
3. Cover and microwave on high 18–20 min. Carefully remove steamer, uncover, and sprinkle with remaining ¾ cup cheese. Cover and let rest 3–5 min.
4. Use a silicone knife or spatula to cut and serve. Avoid using metal knives in the Steamer.

**Perfectly balance your plate:** Serve with 2 cups leafy greens and a squeeze of lemon juice.

**Per serving:** Calories 430, Fat 18 g (Saturated 8 g, Trans 0.5 g), Cholesterol 70 mg, Sodium 410 mg, Carbohydrate 38 g (Fibre 6 g, Sugars 7 g), Protein 29 g.

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### Cheeseburger Pasta Seasoning

- A throwback meal made healthier and tastier!
- Great for budding young cooks.
- Cooked in one pan—enjoy the comfort of cheesy goodness with minimal cleanup.
- Make it your way: Swap ground beef for a different protein in your cheeseburger pasta. Or go vegan: Use plant-based crumbles (veggie ground round).



CHEESEBURGER  
LETTUCE WRAPS



SWEET PEPPER FISH STEW

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# Sweet 'n Sticky Steak Bites

15 min | 4 servings | Cost per serving: 2.17 CA/1.84 US



## Ingredients

$\frac{3}{4}$  cup water

1 pkg **Honey Garlic Meatball Seasoning**

1 tbsp liquid honey

2 tsp oil

1 lb (450 g) steak such as top sirloin, or striploin

Black Pepper (Grinder), to taste

**Toppings** (optional): sesame seeds, sliced green onions

## Instructions

1. In a small bowl, whisk together water, seasoning, and honey. Set aside.
2. In a large **Sauté Pan** or cast iron pan, heat oil over medium-high heat.
3. Meanwhile, cut steak into 1" cubes. Season with pepper to taste.
4. Add steak to pan; cook until all sides are browned, about 4–5 min. Remove pieces as they're done to a plate and set aside.
5. Reduce heat to low. Add sauce to the pan; scraping up and stirring in any brown bits. Sauce will thicken quickly. Once thickened, immediately remove from heat; add steak and stir to coat.

**Perfectly balance your plate:** Serve with  $\frac{1}{2}$  cup roasted potatoes, 2 cups mixed greens, and 1 tbsp favourite **Epicure Dressing**.

Per serving: Calories 260, Fat 7 g (Saturated 2 g, Trans 0 g), Cholesterol 60 mg, Sodium 440 mg, Carbohydrate 26 g (Fibre 1 g, Sugars 19 g), Protein 23 g.

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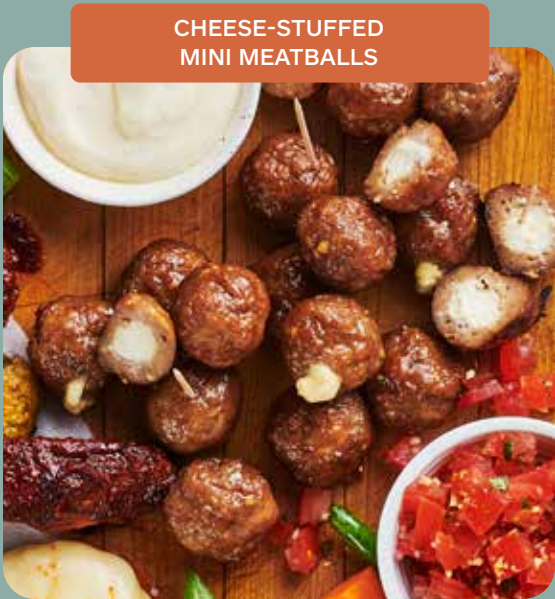


## Honey Garlic Meatball Seasoning

- Protein-packed, family-friendly meal that comes together in just 15 minutes with simple pantry ingredients.
- Classic, sweet honey garlic flavour.
- 1 pkg makes 16 meatballs.
- Go beyond meatballs—try it on chicken wings, salmon, and shrimp, or as a stir-fry sauce.



STEAMER HONEY GARLIC CHICKEN



CHEESE-STUFFED MINI MEATBALLS



HONEY GARLIC SHRIMP & BROCCOLI

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# Morning Glory Pancakes

20 min | 4 servings | Cost per serving: 1.62 CA/1.38 US



Bursting with flavour, and made with real carrot, apple, cranberry, and coconut pieces (no chopping required!). Easy to freeze and reheat in the toaster or microwave.

## Ingredients

1 pkg **Morning Glory Muffin Mix**  
1 egg  
1 cup milk  
3 tbsp oil, divided

**Toppings** (optional): maple syrup,  
seasonal berries

## Instructions

1. In a large bowl, combine muffin mix, egg, milk, and 2 tbsp oil. Let batter rest 3 min (it will continue to thicken). If batter is too thick, add water, 1 tbsp at a time, to adjust consistency.
2. Heat 1 tsp oil in **Sauté Pan** over medium heat.
3. Working in batches and using  $\frac{1}{4}$  cup as a guide, scoop 3 pancakes into pan, leaving space between them.
4. Cook 2–5 min. When bubbles appear on top of batter, flip each pancake and cook for additional 1–2 min.
5. Repeat steps 2–4 for two more batches, or until all batter is cooked. Cooking times will vary.
6. Serve with toppings, if desired.

**Perfectly balance your plate:** Serve with  $\frac{3}{4}$  cup plain 2% Greek yogurt and  $\frac{1}{2}$  cup chopped fruit.

**Tip:** Make a large batch of pancakes and freeze them. Reheat in the toaster or microwave for a quick and hearty breakfast!

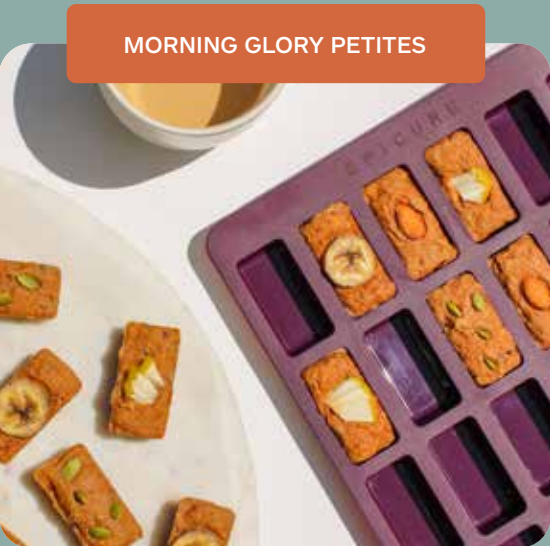
Per serving (2 pancakes): Calories 340, Fat 14 g (Saturated 3 g, Trans 0.1 g), Cholesterol 50 mg, Sodium 510 mg, Carbohydrate 47 g (Fibre 2 g, Sugars 15 g), Protein 6 g.

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## Morning Glory Muffin Mix

- Moist, gluten free muffins packed with chunks of carrots, apples, coconut, and cranberries.
- Skip the coffee shop and save! Bake a batch in the microwave in just 15 minutes. Enjoy with your fave warm drink or take them on the go!
- 1 pkg makes up to 12 muffins.
- Use the mix to bake loaves or cakes. Customize it with your favourite fruits—add in berries or other toppings.



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# No Bake Queso Nachos

12 min | 8 servings | Cost per serving: 1.53 CA/1.30 US



When you want queso nachos fast, without using the jarred stuff, try this recipe! These nachos are next level thanks to the Ooey Gooney Queso Hot Dip. We like to think of it as liquid gold, but it's simply an addictive cheesy sauce with chunks of bell peppers and a bit of kick from chilies and paprika. And the best part? It's made in the microwave in 5 minutes.

## Ingredients

1 pkg **Ooey Gooney Queso Dip Mix**  
1½ cups milk, your choice  
1 cup grated cheddar cheese  
1 can (398 ml/13 oz) low-sodium black beans  
1 beefsteak tomato  
1 green bell pepper  
1 bag (275g/10oz) tortilla chips

**Toppings** (optional): **Poco Picante Salsa, Guacamole**

## Instructions

1. In a 4-cup microwavable bowl, whisk dip mix with milk. Microwave uncovered on high 5 min, or until thickened, whisking halfway through. Stir in cheese until melted.
2. Meanwhile, drain and rinse black beans. Dice tomato and pepper.
3. Lay half the tortilla chips on **Sheet Pan**. Pour half the queso mixture over chips, and top with half the beans and diced veggies. Repeat with remaining ingredients to make a second layer. Serve with toppings, if desired.

**Perfectly balance your plate:** Serve with 1 cup cooked grains and 1 cup chopped veggies.

**Tip:** There are no rules to nacho toppings; try switching up your toppings to discover something new!

**Per serving:** Calories 340, Fat 17 g (Saturated 6 g, Trans 0.3 g), Cholesterol 25 mg, Sodium 570 mg, Carbohydrate 37 g (Fibre 6 g, Sugars 6 g), Protein 12 g.

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## Ooey Gooley Queso Hot Dip Mix

- Warm, cheesy hot dip with a blend of Tex-Mex spices.
- Ready in 5 minutes in the microwave.
- Just add two more ingredients: grated cheese and milk of your choice (dairy-free milks work!).
- Pour over nachos; drizzle over steamed veggies; or serve in a baked potato.
- 1 pkg makes 1¾ cups of dip.



TEX MEX TURKEY  
HAMBURGER PASTA



QUESO ROSÉ PASTA



SAUCY QUESO CHICKEN

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# Goopy Grilled Cheese

40 min | 6 servings | Cost per serving: 1.79 CA/1.52 US



Grilled cheese and tomato soup—name a more iconic duo, we'll wait. Now, not to mess with a classic, but why not skip all the grilling, flipping, and dunking, and get right to the good stuff? Pour tomato soup over assembled sammies and bake 'em for some hands-off prep. It's a lunchtime win for kids and a trip down nostalgia lane for the young at heart.

## Ingredients

½ brick (8 oz/250 g) light cream cheese  
1 tbsp **CCB Dip Mix** or **Herb & Garlic Dip Mix**  
12 slices bread  
6 slices cheese, your choice  
¼ cup unsalted butter, room temperature  
2 eggs  
2 cups prepared **Tomato Soup**, warmed  
1 cup grated cheddar cheese

## Instructions

1. Preheat oven to 400° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. In a small bowl, combine cream cheese with dip mix. Spread onto 6 slices of bread. Top with cheese slices and remaining bread. Spread the outside of each slice of bread with 1 tsp butter. Arrange on pan.
3. In a large bowl, whisk eggs. Gradually whisk in soup. Pour over sandwiches and top with cheese.
4. Bake 20 min, or until golden brown. Let stand on pan 10 min.
5. Slice sandwiches in half diagonally to serve.

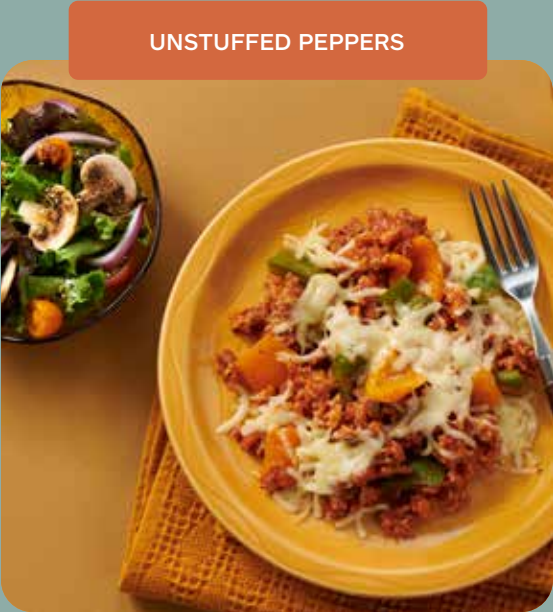
**Per serving:** Calories 430, Fat 25 g (Saturated 14 g, Trans 0.5 g), Cholesterol 130 mg, Sodium 670 mg, Carbohydrates 34 g (Fibre 2 g, Sugar 9 g), Protein 17 g.

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## Tomato Soup Seasoning

- Nostalgia in a bowl!
- Sweet and tangy tomato flavour and velvety texture.
- Sugar- and sodium-conscious.
- Gluten free.
- Only requires two other ingredients to make soup: tomato paste and water.
- Add cooked pasta, a can of beans, and some frozen veggies to the soup for a quickie minestrone.
- Stir in coconut milk and Thai red curry paste for a Thai-style tomato soup.
- 1 pkg makes 4 cups of soup.



UNSTUFFED PEPPERS



HAMBURGER CASSEROLE

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# Pudding Milkshake

2 min | 12 servings | Cost per serving: 0.61 CA/0.52 US



Get your blender revved up! Ice cream and pudding are besties, so when they hang out, it can only mean something good. The Instant Pudding Mix thickens the shake for optimal, velvety smoothness and satisfaction. This recipe makes a big batch, so spread the sweet joy at your next party.

## Ingredients

- 1 pkg **Chocolate Instant Pudding Mix**
- 3 cups milk, your choice
- 1 ½ cups chocolate or vanilla ice cream
- Toppings** (optional): whipped cream

Per serving (½ cup): Calories 100, Fat 3 g (Saturated 2 g, Trans 0.1 g), Cholesterol 10 mg, Sodium 65 mg, Carbohydrate 13 g (Fibre 1 g, Sugars 10 g), Protein 3 g.

## Instructions

1. In a blender, add pudding mix, milk, and ice cream. Cover and blend until smooth, about 30 sec. For a thicker consistency, add ice cubes; for a thinner consistency, add more milk.
2. Pour into 12 tall glasses and top with whipped cream, if desired. Serve immediately.

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## Chocolate Instant Pudding Mix Dip Mix

- Rich chocolate with a smooth, creamy texture.
- Vegan mix; whisk with milk of your choice.
- 1 pkg makes 3 cups of pudding.
- Half the amount of sugar compared to store-bought instant pudding mixes.
- Top with fruit, layer in parfaits, or use in frozen desserts.
- Replace 1 cup of milk with 1 cup of chilled coffee for a Mocha Pudding.

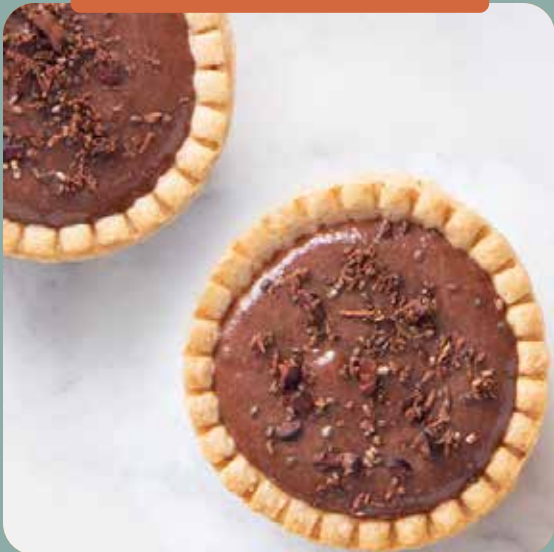
### SUMMER BERRY CHOCOLATE MOUSSE



### BERRY DESSERT BOWL



### CHOCOLATE PUDDING TARTS



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