



# Beat The Heat Meals

August's Epic Box contains a mix of meals that sizzle in seconds on the BBQ or can microwave up fast 'n furious.

20 min | \$4.34 CA/\$3.69 US per serving  
SIMPLY THE ZEST CHICKEN DINNER



17 min | \$3.16 CA/\$2.69 US per serving  
STICKY SESAME CHICKEN



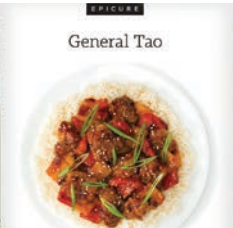
# August Epic Box Contents

Stay cool with these anti-heatwave wonders.




**Ancho Lime Rub**

Ancho Chili Prawn Tostadas  
More ideas pg. 4



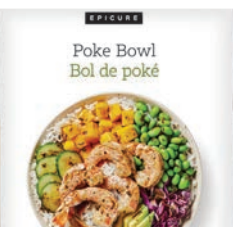
**General Tao**

Tropical Turkey Burgers  
More ideas pg. 6





**Lemon Garlic Chicken**

Lemon Garlic Potato Wedges  
More ideas pg. 8




**Poke Bowl Dressing**

Coconut Lime Rice Bowl  
More ideas pg. 10



**Pulled Pork**

Smokehouse Lentil Sloppy Joes  
More ideas pg. 12



**Sesame Noodle Salad Dressing**

Peachy Keen Ramen Slaw  
More ideas pg. 14



**Dulce de Leche Pudding**

Dulce de Leche Bread Pudding  
More ideas pg. 16



# Ancho Chili Prawn Tostadas

15 min | 4 servings | \$3.57 CA/\$3.03 US per serving



## INGREDIENTS

8 corn tortillas  
4 tsp oil, divided  
1 bag (340 g/12 oz) frozen prawns, thawed  
1 tbsp **Ancho Lime Rub**  
2 tsp water  
4 radishes  
1 avocado  
2 limes  
¼ cup prepared **Chipotle Aioli**  
**Topping** (optional): cilantro, pickled onions, sliced avocado, **Poco Picante Salsa**, **Guacamole**

## INSTRUCTIONS

1. Preheat oven to 400° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Arrange tortillas on pan. Using **Basting Brush**, brush 2 tsp oil over both sides of tortillas. Bake 10 min, flipping halfway through, or until toasted and crispy.
3. Meanwhile, heat remaining oil in **Sauté Pan**. Add prawns and seasoning. Cook 2 min. Add water and cook for another 1 min, until water is dissolved.
4. Thinly slice radishes. Peel and slice avocado. Cut lime into wedges.
5. To assemble tostadas, divide prawns, sliced avocado and radishes, aioli, and additional toppings, if desired, between tortillas. Serve with lime wedges.

**PERFECTLY BALANCE YOUR PLATE:** Serve with 1 cup steamed veggies and ½ cup cooked rice.

**TIP:** Instead of toasting tortillas in the oven, heat them in the **Round Steamer** in the microwave on high for 2 min to make quick and easy tacos.

**PER SERVING:** Calories 360, Fat 19 g (Saturated 2.5 g, Trans 0 g), Cholesterol 130 mg, Sodium 410 mg, Carbohydrate 31 g (Fibre 6 g, Sugars 2 g), Protein 17 g.



15 min | \$3.18 CA/\$2.70 US per serving  
ANCHO LIME FISH FILLETS



15 min | \$0.39 CA/\$0.33 US per serving  
ANCHO LIME STEAMER RICE



20 min | \$4.25 CA/\$3.32 US per serving  
THAI CHILI LIME SHRIMP

Try these alternative recipes using **Ancho Lime Rub**.

# Tropical Turkey Burgers

18 min | 4 servings | \$4.55 CA/\$3.76 US per serving



## INGREDIENTS

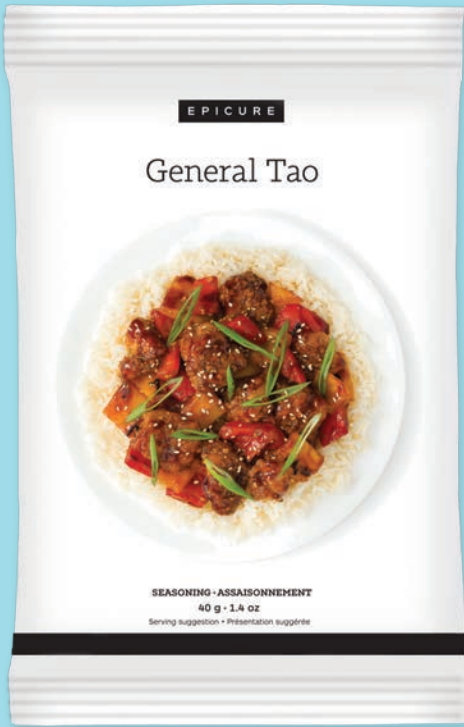
- 1 lb (450 g) lean ground turkey
- 1 pkg **General Tao Seasoning**
- 4 slices fresh pineapple
- 4 slices Swiss cheese
- 4 burger buns
- 1 cup baby spinach

## INSTRUCTIONS

1. Preheat grill to medium-high heat. Lightly brush with oil to prevent sticking.
2. In a large bowl, combine turkey and seasoning. Form into 4 patties. (They will be sticky!).
3. Grill patties, with lid closed, 6 min per side. While the patties are cooking, grill pineapple 3 min per side.
4. During the last min of cooking, add 1 slice cheese to each patty. Slice buns and add to grill to toast.
5. Tuck burgers into buns; top with pineapple and spinach.

**PERFECTLY BALANCE YOUR PLATE:** Serve with 1 cup veggies.

**PER SERVING:** Calories 460, Fat 16 g (Saturated 6 g, Trans 0.1 g), Cholesterol 115 mg, Sodium 330 mg, Carbohydrate 46 g (Fibre 4 g, Sugars 16 g), Protein 34 g.



20 min | \$2.23 CA/\$1.90 US per serving  
SESAME NOODLES & FRIED EGG



20 min | \$3.32 CA/\$2.82 US per serving  
SWEET 'N TANGY SHEET PAN CHICKEN



20 min | \$3.46 CA/\$2.94 US per serving  
GENERAL TAO'S TOFU

Try these alternative recipes using **General Tao Seasoning**.

# Lemon Garlic Potato Wedges

15 min | 4 servings | \$1.46 CA/\$1.24 US per serving



Skip drive-through fries and grab an air fryer to make perfectly crisp wedges. Keep the potato skins on (don't peel 'em!) to bump up the fibre: about half of a potato's fibre content is from the skin! Make your dunking game strong—serve with extra dippers like **Creamy Ranch Dip** or **Roasted Garlic Aioli**.

## INGREDIENTS

2 russet potatoes  
1 pkg **Lemon Garlic Chicken Seasoning**, divided  
2 tbsp olive oil  
½ cup plain 2% Greek yogurt or mayonnaise

## INSTRUCTIONS

1. Preheat air fryer to 400° F.
2. Slice unpeeled potatoes lengthwise into wedges. Place wedges in a large bowl; sprinkle with ½ package seasoning and oil. Toss to coat.
3. Cook 12–15 min, until wedges are tender, shaking basket halfway through.
4. Meanwhile, in a small bowl, combine remaining seasoning and yogurt. Serve as a dipping sauce for fries.

**PERFECTLY BALANCE YOUR PLATE:** Serve with 4 oz (113 g) lean protein and 2 cups leafy greens with 1 tbsp **Epicure Dressing**.

**TIP:** Streamline cook time and pre-cook wedges in the **Multipurpose Steamer** for 5 min before adding to the air fryer. Fry just until crispy, about 3 min.

**PER SERVING:** Calories 260, Fat 8 g (Saturated 1.5 g, Trans 0.1 g), Cholesterol 0 mg, Sodium 230 mg, Carbohydrate 41 g (Fibre 4 g, Sugars 4 g), Protein 7 g.



20 min | \$4.34 CA/\$3.69 US per serving  
SIMPLY THE ZEST CHICKEN DINNER

18 min | \$3.37 CA/\$2.86 US per serving  
NEW YORK CHICKEN SANDWICHES



20 min | \$3.00 CA/\$2.55 US per serving  
LEMONY SHRIMP SKEWERS

Try these alternative recipes using **Lemon Garlic Chicken Seasoning.**



# Coconut Lime Rice Bowl

20 min | 6 servings | \$2.49 CA/\$2.12 US per serving



## INGREDIENTS

1 pkg **Poke Bowl Dressing Mix**, divided  
1 cup uncooked rice  
1 can (14 oz/398 ml) light coconut milk  
 $\frac{2}{3}$  cup water  
2 limes  
 $\frac{1}{4}$  cup oil  
1 can (14 oz/398 ml) baby corn  
2 cups cherry tomatoes  
1 avocado  
6 cups mixed salad greens  
**Topping** (optional): sliced mango, **Poke Bowl Topper Blend**

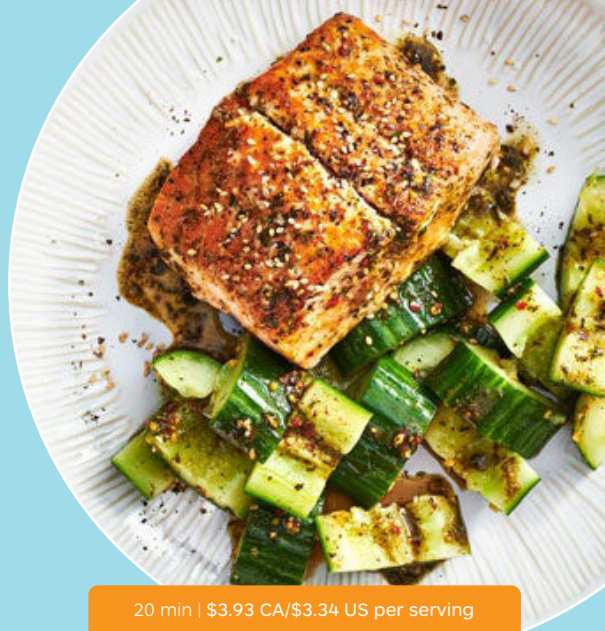
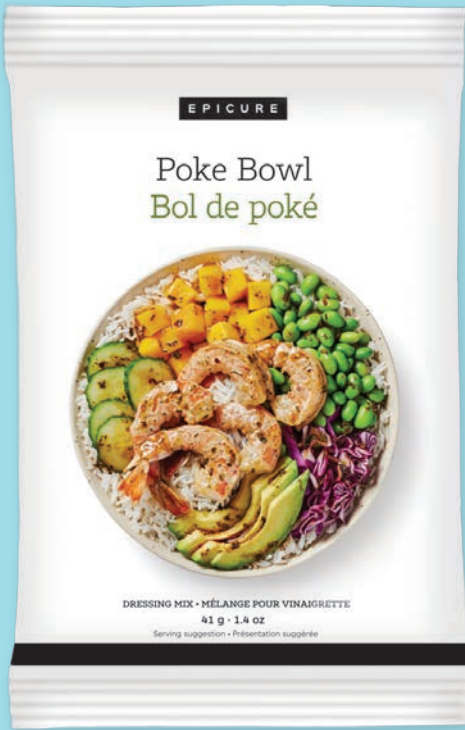
## INSTRUCTIONS

1. Place 1 tbsp dressing mix in a small bowl and set aside.
2. In **Round** or **Multipurpose Steamer**, combine remaining dressing mix, rice, coconut milk, and water. Top with tray and microwave, uncovered, on high for 16–18 min, or until rice is tender.
3. Slice 1 lime in half. Squeeze juice of  $\frac{1}{2}$  lime into bowl with dressing mix. Whisk in oil. Slice remaining limes into wedges.
4. Drain baby corn, slice cherry tomatoes in half, and peel and slice avocado.
5. To assemble bowls, divide cooked rice, greens, and vegetables between 6 bowls. Drizzle with dressing and top with lime wedges and additional toppings, if desired.

**PERFECTLY BALANCE YOUR PLATE:** Serve with 4 oz (113 g) lean protein.

**TIP:** Mix and match your favourite toppings. Offering a variety of veggies allows everyone to make their own bowl just the way they like it!

**PER SERVING:** Calories 410, Fat 19 g (Saturated 5 g, Trans 0 g), Cholesterol 0 mg, Sodium 45 mg, Carbohydrate 56 g (Fibre 6 g, Sugars 10 g), Protein 8 g.



20 min | \$3.93 CA/\$3.34 US per serving  
SALMON WITH SMASHED CUCUMBER SALAD



20 min | \$4.42 CA/\$3.78 US per serving  
SESAME GINGER SALMON SALAD



20 min | \$4.25 CA/\$3.61 US per serving  
POKE BOWL

Try these alternative recipes using **Poke Bowl Dressing Mix**.

# Smokehouse Lentil Sloppy Joes

20 min | 6 servings | \$2.36 CA/\$2.00 US per serving



Smoky, sweet, savory and super filling. They take only 20 minutes to whip up from start to finish. Say hello to your perfect weeknight dinner!

## INGREDIENTS

10 brown cremini mushrooms  
1 tbsp oil  
1 pkg **Pulled Pork Seasoning**, divided  
1 can (5.5 oz/156 ml) tomato paste  
2 tbsp brown sugar, packed  
2 tsp + 1 tbsp cider vinegar  
2 cups water  
2 cans (19 oz/540 ml each) lentils  
¼ cup vegan mayonnaise  
½ tbsp maple syrup, optional  
3 cups shredded coleslaw mix  
6 burger buns, toasted

## INSTRUCTIONS

1. Roughly dice mushrooms. Heat oil in **Sauté Pan** over medium-high heat. Add mushrooms; stirring occasionally, cook 4 min or until they soften and shrink.
2. Reduce heat to medium. Measure out ¼ cup seasoning; add to pan. Stir in tomato paste, sugar, and 2 tsp vinegar. Add water; stir to combine.
3. Drain and rinse lentils, then add to pan. Simmer, uncovered, stirring occasionally, 5 min.
4. Meanwhile, make coleslaw. In a large bowl, whisk together remaining seasoning (about 2 tbsp), mayonnaise, 1 tbsp vinegar, and maple syrup, if using. Add coleslaw mix, stirring to combine.
5. Spoon lentil mixture over bottom buns. Top with coleslaw, then cover with the top bun.

**PERFECTLY BALANCE YOUR PLATE:** This is a perfectly balanced plate.

PER SERVING: Calories 440, Fat 12 g (Saturated 1.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 600 mg, Carbohydrate 69 g (Fibre 20 g, Sugars 14 g), Protein 20 g.



1 hr 40 min | \$2.62 CA/\$2.23 US per serving  
SMOKY & SPICY CHICKEN



20 min | \$1.82 CA/\$1.44 US per serving  
PULLED PORK NACHOS

20 min | \$4.85 CA/\$4.12 US per serving  
SMOKY & SPICY STIR-FRIED NOODLES



Try these alternative recipes using **Pulled Pork Seasoning.**

# Peachy Keen Ramen Slaw

16 min | 4 servings | \$3.48 CA/\$2.96 US per serving



Feeling peachy? So are we! Peaches are a great source of Vitamin C for healing, and potassium for your heart. Enjoy this fresh, summery twist on ramen with a creamy, tangy dressing that really brings this slaw to life!

## INGREDIENTS

2 tbsp **Sesame Noodle Salad Dressing Mix**

2 tbsp apple cider vinegar

1 tbsp water

1 tsp Dijon mustard

¼ cup oil + more for brushing

2 tsp sesame oil

1 pkg (3 oz/85 g) dried ramen noodles

1 pkg (397 g/14 oz) shredded coleslaw mix

4 green onions

4 peaches

## INSTRUCTIONS

1. Preheat grill to medium-high heat. Lightly brush with oil.
2. In a large serving bowl, combine dressing mix, vinegar, water, and mustard. Slowly whisk in oil and sesame oil until dressing is thick.
3. Break up dried ramen noodles into bite-size chunks; add to bowl along with coleslaw mix.
4. Thinly slice green onions and add to bowl; toss to combine.
5. Slice peaches in half and discard pits. Grill, with lid open, flesh side down, 3–4 min, until lightly charred. Slice and arrange over slaw.

**PERFECTLY BALANCE YOUR PLATE:** Serve with 4 oz (113 g) grilled lean protein, such as grilled chicken or fish.

**TIP:** Can't find fresh peaches? Swap fresh peaches with 1 can (14 oz/398 ml) of peaches packed in water, drained and rinsed.

**PER SERVING:** Calories 350, Fat 21 g (Saturated 3.5 g, Trans 0.1 g), Cholesterol 0 mg, Sodium 570 mg, Carbohydrate 37 g (Fibre 6 g, Sugars 14 g), Protein 6 g.



17 min | \$3.16 CA/\$2.69 US per serving  
STICKY SESAME CHICKEN



12 min | \$1.47 CA/\$1.25 US per serving  
ASIAN STYLE COUSCOUS SALAD



10 min | \$2.33 CA/\$1.98 US per serving  
TAHINI SESAME NOODLES

Try these alternative recipes using **Sesame Noodle Salad Dressing Mix**.

# Dulce de Leche Bread Pudding

15 min | 12 servings | \$0.68 CA/\$0.58 US per serving



This quick and satisfying dessert is a great way to use up day-old bread in your pantry! Serve it with 2 tbsp of Greek yogurt for a little protein bump.

## INGREDIENTS

2 cups milk, your choice  
¼ cup unsalted butter  
2 eggs  
1 pkg **Dulce de Leche Instant Pudding Mix**  
4 cups cubed, day-old bread or croutons  
**Topping** (optional): chopped nuts, caramel sauce

## INSTRUCTIONS

1. Place milk and butter in **Multipurpose Steamer**. Cover and microwave on high 3 min, or until butter is melted and mixture is hot.
2. Meanwhile, in a bowl, whisk together eggs and pudding mix until well combined.
3. When butter mixture is hot, stir in bread cubes until most of the liquid is absorbed. Fold in egg mixture; microwave uncovered 5–6 min, or until set. Add toppings, if desired.

PER SERVING (½ CUP): Calories 120, Fat 6 g (Saturated 3.5 g, Trans 0.2 g), Cholesterol 45 mg, Sodium 90 mg, Carbohydrate 14 g (Fibre 1 g, Sugars 7 g), Protein 3 g.



10 min | \$0.84 CA/\$0.71 US per serving  
DULCE DE LECHE ENERGY BALLS



20 min | \$1.34 CA/\$1.14 US per serving  
CAMELIZED CARROTS



10 min | \$0.75 CA/\$0.62 US per serving  
SUMMER BERRY CHOCOLATE PUDDING

Try these alternative recipes using **Dulce de Leche Instant Pudding Mix**.