



January Jumpstart

Start the new year feeling great with the January Epic Box! We've loaded it up with our top selling products, so it'll be easy to reset and refuel after the holidays with balanced meals and delicious flavour. These top shelf essentials have you covered, from wholesome recipes to sugar-conscious treats. Plus, try out the NEW Skillet Lasagna Seasoning!

E P I C U R E™

January Epic Box Contents

Boost your kitchen confidence with help from the January Epic Box!



03

Skillet Lasagna Seasoning

Saucy Stuffed Peppers

[Click to see details](#)

NEW



05

Cheeseburger Pasta Seasoning

Cheeseburger Lettuce Wraps

[Click to see details](#)



07

Honey Garlic Meatball Seasoning

Steamer Honey Garlic Chicken

[Click to see details](#)



09

Mac & Cheese Seasoning

Green Monster Mac & Cheese

[Click to see details](#)



11

Rotisserie Chicken Seasoning

One Pot Chicken Dinner

[Click to see details](#)



13

SPG Seasoning

Warm Couscous Salad with Roasted Veggies

[Click to see details](#)



15

Sweet Banana Bread & Muffin Mix

Banana Upside Down Cake

[Click to see details](#)





Saucy Stuffed Peppers



Total Time
25 min



Makes
8 servings



Cost per serving
\$2.70 CA • \$2.30 US

We're putting the spotlight on veggies with fresh, colourful bell peppers, stuffed to perfection. Stuffed peppers are a delicious way to make veg the star of your meal. Enjoy some now, then save the rest for later in the week, or freeze the works for an easy dinner down the road. Bring on the sauce!

INGREDIENTS

- 8 bell peppers
- 1 lb (450 g) lean ground beef
- 1 can (14 oz/398 ml) crushed tomatoes
- 1 $\frac{3}{4}$ cups cooked white or brown rice
- 1 pkg **Skillet Lasagna Seasoning**
- 1 $\frac{1}{2}$ cups shredded mozzarella cheese

INSTRUCTIONS

- 1.** Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
- 2.** Cut tops off 4 bell peppers; set aside. Remove pith and seeds from peppers and place in **Multipurpose Steamer**; it's OK if they touch. Cover; microwave on high until tender, 4 min. Repeat with remaining peppers. Once cooked, place on pan.
- 3.** Meanwhile, dice reserved bell pepper tops. In **Sauté Pan**, cook ground beef over medium-high until browned, using **Ground Meat Separator** to break up chunks. Add diced pepper tops and cook until softened. Stir in tomatoes, rice, and seasoning.
- 4.** Fill peppers with beef and rice mixture, and top with cheese. Bake until cheese melts, about 5 min.

TIP Prep ahead and make **Steamer Rice** using the Multipurpose Steamer.

Perfectly Balance Your Plate: Serve with 1 slice of garlic bread.

Per serving: Calories 280, Fat 11 g (Saturated 6 g, Trans 0.2 g), Cholesterol 50 mg, Sodium 410 mg, Carbohydrate 27 g (Fibre 4 g, Sugars 7 g), Protein 19 g.



[Click for the Stealthy Mama's Lasagna recipe](#)

Skillet Lasagna Seasoning



- With easy prep and minimal cleanup, Skillet Lasagna brings all the comforting flavours of the classic Italian dish into one pan.
- Customize it to suit your taste—try it with the noodles of your choice (we love mafalda pasta for that perfect texture).
- Enjoy rich layers of sauce, cheese, and pasta in record time—chef's kiss.
- The blend is gluten-free; use the noodles of your choice to keep it GF.
- If the lasagna is sticking to the pan (because of the type of pan used), turn the heat lower and stir/scrape the bottom of the pan more frequently during cooking.
- Make ahead without cheese. Reheat in a pan, top with cheese and cover to melt to finish the dish.
- For individual portions, divide the cooked mixture into ramekins or small heat-safe dishes, top with cheese, and melt or broil in the oven.
- Yields approximately 5–5¼ cups depending on the pasta size and type used.



Cheeseburger Lettuce Wraps



Total Time

12 min



Makes

4 servings



Cost per serving

\$4.31 CA • \$3.67 US

Skip the boring burger bun and indulge your cravings with this crunchy twist—no messy patty-making required! Lettuce is low in calories and packed with vitamin K for strong bones, vitamin A for radiant skin and healthy eyes, and fibre for a happy gut.

INGREDIENTS

- 1 lb (450 g) lean ground beef
- 1 pkg **Cheeseburger Pasta Seasoning**
- 1 cup grated cheddar cheese
- 2 tbsp ketchup
- 1 tomato
- ¼ red onion
- 16 lettuce leaves, about 1 small head

Toppings (optional): sliced pickles, mustard

INSTRUCTIONS

- 1.** Add beef and seasoning to **Sauté Pan**; cook over medium-high heat 4–6 min, or until browned. Use **Ground Meat Separator** to break up chunks.
- 2.** Stir in cheese and ketchup; cook until cheese melts, about 1 min.
- 3.** Dice tomato and thinly slice onion.
- 4.** To assemble, make eight sets of two stacked lettuce leaves. Divide filling between stacks and top with tomato, onion, and additional toppings, if desired.

TIP Skip the stovetop and microwave ground beef with seasoning and ketchup in **Multipurpose Steamer**. Cover and microwave on high 4 min, or until cooked through, and then stir in the cheese.

Perfectly Balance Your Plate: Serve with ½ cup cooked rice.

Per serving: Calories 360, Fat 21 g (Saturated 10 g, Trans 0.5 g), Cholesterol 90 mg, Sodium 540 mg, Carbohydrate 13 g (Fibre 3 g, Sugars 6 g), Protein 31 g.



Click for the Sweet Pepper Fish Stew recipe

Cheeseburger Pasta Seasoning



- A throwback meal made healthier and tastier! Easily cook Cheeseburger Pasta in one pan—a great meal for budding young cooks.
- An easy-to-pack Meal Solution, enjoy a Cheeseburger Pasta wherever life takes you!
- Save time & money: Use any bite-sized pasta that's in your pantry.
- Make it your way: Swap ground beef for a different protein.
- Go vegan: Use plant-based crumbles (veggie ground round) versus beef.
- Versatile: Use the seasoning to make other dishes like Sweet Pepper Fish Stew. Find more on [epicure.com](https://www.epicure.com).



Steamer Honey Garlic Chicken



Total Time
15 min



Makes
4 servings



Cost per serving
\$3.91 CA • \$3.32 US

INGREDIENTS

- 2 bell peppers
- 1 lb (450 g) boneless, skinless chicken breasts
- 2 cups broccoli florets
- 1 pkg **Honey Garlic Meatball Seasoning**
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ tbsp honey

Toppings (optional): sliced green onion

TIP For extra flavour, instead of discarding the cooking liquid from the chicken and veggies, use it to make the sauce! Top up with water until you get $\frac{3}{4}$ cup.

INSTRUCTIONS

- 1.** Chop peppers and chicken into 1" pieces.
- 2.** Add chicken to **Round Steamer**. Cover; microwave on high 4 min. Add broccoli, microwave 1 min. Add peppers. Microwave 1–2 min or until chicken is cooked through and veggies are tender-crisp.
- 3.** Remove chicken and veggies from steamer and discard any liquid; cover to keep warm.
- 4.** In same steamer (don't wash), whisk together seasoning, water, and honey. Microwave, uncovered, on high 2 min, whisking halfway through. If not thickened enough to your liking after 2 min, cook for additional 30 sec intervals, whisking after each, until desired thickness is achieved.
- 5.** Add chicken and veggies to sauce; stir to coat. Spoon into bowls and top each serving with green onion, if desired.

Perfectly Balance Your Plate: Serve with 1 cup rice.

Per serving: Calories 240, Fat 3 g (Saturated 1 g, Trans 0 g), Cholesterol 65 mg, Sodium 460 mg, Carbohydrate 29 g (Fiber 3 g, Sugars 19 g), Protein 26 g.



[Click for the Sweet n' Sticky Steak Bites recipe](#)

Honey Garlic Meatball Seasoning



- Who doesn't love a saucy meatball!? This protein-packed, family-friendly meal comes together in just 15 minutes with simple pantry ingredients.
- A classic, sweet honey garlic flavour that makes the best meatballs!
- One pack makes up to 16 meatballs and serves 4 for only \$2.25 a serving!
- You only need 3 ingredients—ground beef, honey, and water!
- Go beyond meatballs—try it on chicken wings, salmon, and shrimp. Also tastes great as a sauce for stir-fries.



Green Monster Mac & Cheese



Total Time
17 min



Makes
4 servings



Cost per serving
\$1.97 CA • \$1.56 US

Mac & cheese with a healthy green twist? Yes please! Little monsters will love seeing this in their lunches at school and you'll be pleased that they've got a boost of nutrients thanks to the addition of spinach and edamame.

INGREDIENTS

- 2 cups uncooked rotini pasta
- 4 cups hot water
- 1 cup baby spinach
- ½ cup milk, your choice
- 1 pkg **Mac & Cheese Seasoning**
- 2 ½ cups frozen edamame
- 2 tbsp butter

INSTRUCTIONS

- 1.** Place pasta in **Multipurpose Steamer**. Stir in water. Cover; microwave on high until al dente, 8 min.
- 2.** Meanwhile, add spinach, milk, and seasoning to blender. Blend until smooth, 20–30 sec.
- 3.** Drain pasta; return to steamer. Add edamame, butter and sauce; mix well.
- 4.** Cover; microwave on high, 5 min.

TIP Gluten free? Try using brown rice pasta instead.

Perfectly Balance Your Plate: Serve with 2 cups mixed greens and 1 tbsp Epicure Salad Dressing.

Per serving: Calories 320, Fat 13 g (Saturated 6 g, Trans 0.3 g), Cholesterol 30 mg, Sodium 400 mg, Carbohydrate 36 g (Fiber 5 g, Sugars 5 g), Protein 17 g.



[Click for the Mac & Cheese with Trees recipe](#)

Mac & Cheese Seasoning



- An all-time best-seller, this is the Mac & Cheese you've been craving—and that your kids will LOVE to eat!
- Creamy, cheesy, and super comforting, it's free of unnecessary additives and packed with flavour thanks to real cheddar cheese.
- Take it from the stovetop (or microwave) to the table in under 10 minutes and dig in!
- Only a few ingredients required: your choice of milk, pasta, and butter (optional).
- Mix in the seasoning of your choice once prepared – we like 3 Onion Dip Mix.
- Load up on veggies: Add steamed peas, spinach or zucchini.
- Use as a topper for popcorn.
- Makes 4 servings.



One Pot Chicken Dinner



Total Time
35 min



Makes
4 servings



Cost per serving
\$2.76 CA • \$2.35 US

INGREDIENTS

- 1 pkg **Rotisserie Chicken Seasoning**, divided
- 3 lbs (1.36 kg) whole chicken
- 1 ½ tbsp oil, divided
- 1 lb (450 g) baby potatoes, cut in half
- 1 onion, peeled, cut in thin wedges
- 1 carrot, peeled, sliced

INSTRUCTIONS

1. Reserve 2 tbsp seasoning and set aside.
2. Rub chicken with ½ tbsp oil and remaining seasoning and place in **Multipurpose Steamer**.
3. In a bowl, combine potatoes with 1 tbsp reserved seasoning and ½ tbsp oil.
4. In a second bowl, combine carrots and onions with remaining reserved seasoning and ½ tbsp oil.
5. Surround chicken with potatoes and vegetables. Close lid and microwave on high for 18–20 min.
6. Remove lid to crisp the top and cook for 7 min or until chicken is cooked through and has reached a safe internal temperature of 165° F when instant-read thermometer is inserted into the thickest part of the thigh.

TIP Keep bones to make a delicious bone broth.

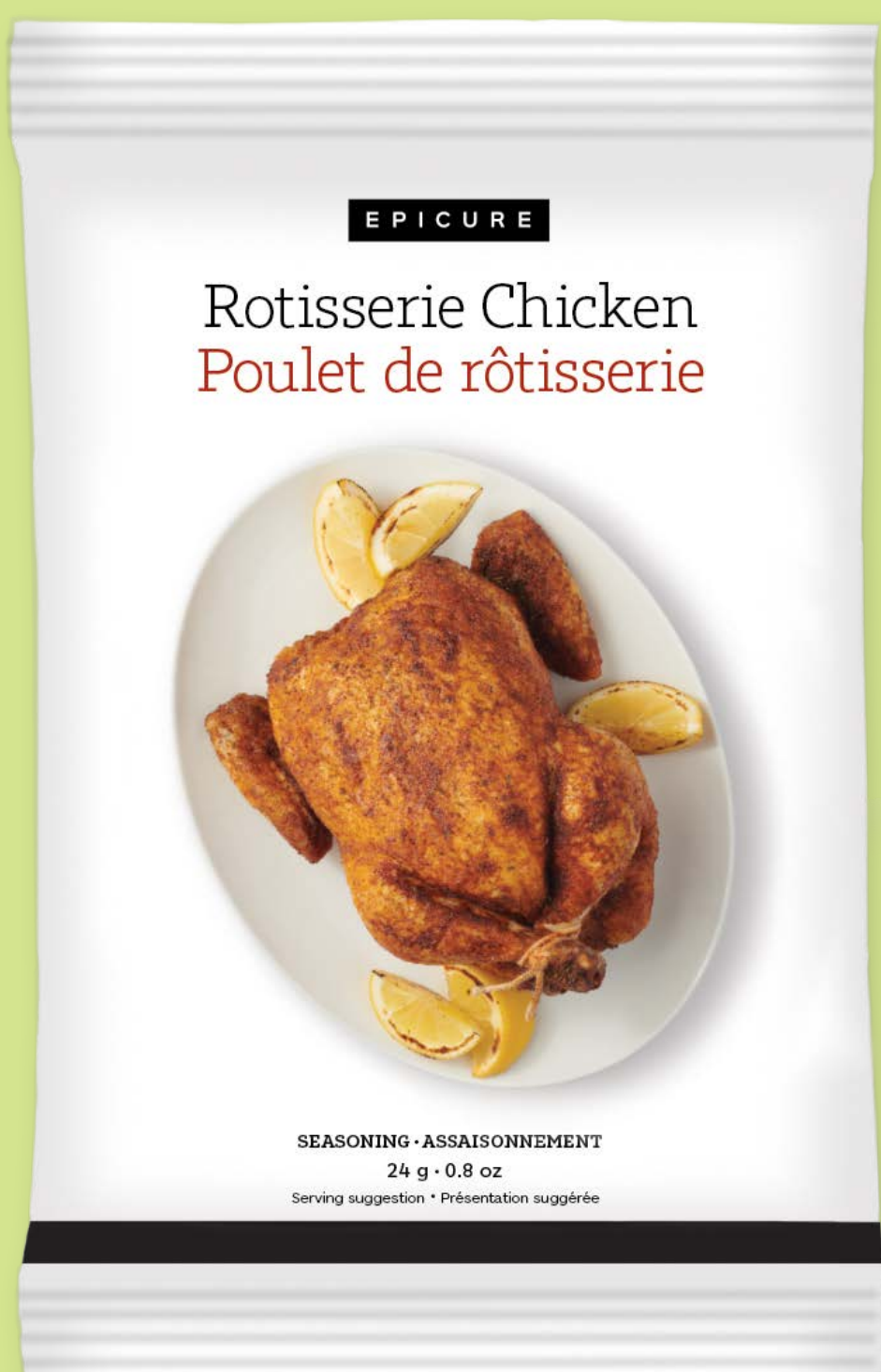
Perfectly Balance Your Plate: Serve with a dinner roll.

Per serving: Calories 280, Fat 14 g (Saturated 3.5 g, Trans 0 g), Cholesterol 70 mg, Sodium 260 mg, Carbohydrates 13 g (Fibre 3 g, Sugars 2 g), Protein 24 g.



Click for the Steamer Rotisserie Chicken n' Veggie Soup recipe

Rotisserie Chicken Seasoning



- The days of dry oven-roasted chicken that takes forever to make are over! There's a better way, and it's quick, juicy, and oh-so-tasty with Rotisserie Chicken Seasoning.
- In 20 minutes, you can cook a whole chicken in the microwave using the Round Steamer.
- Classic herby flavour of a slow-roasted rotisserie chicken.
- With a flavour that outshines the store-bought kin—free of unnecessary additives and too much sodium—Rotisserie Chicken is so fast and easy, it's perfect for any night of the week!
- Seasons a 3 lb (1.36 kg) whole chicken.



Warm Couscous Salad with Roasted Veggies



Total Time
20 min



Makes
4 servings



Cost per serving
\$3.26 CA • \$2.77 US

Turn up the heat on winter with this amazing salad featuring a dazzling array of roasted veggies. Packed with vibrant colours and flavours, it's a winter salad that's anything but cold-shouldered. Swap your fave grain for a personalized twist—rice, quinoa, or millet are great options!

INGREDIENTS

- 1 small red onion
- 1 green bell pepper
- 1 zucchini
- 1 Japanese eggplant
- ¼ cup olive oil, divided
- 1 tbsp **SPG Seasoning**
- 1 ⅓ cups water
- 1 cup uncooked couscous
- 2 tbsp balsamic vinegar
- 1 tbsp **Balsamic Vinaigrette Dressing Mix**
- ½ cup crumbled feta

TIP Swap couscous for cooked quinoa for a delicious gluten-free option.

INSTRUCTIONS

- 1.** Preheat oven to 450° F. Line **Sheet Pan** with **Sheet Pan Liner**.
- 2.** Slice onion into thick strips. Slice pepper into thin strips. Cut zucchini in half lengthwise, then slice thinly. Cut eggplant on the diagonal into thin slices. Toss all veggies with 1 tbsp oil and seasoning.
- 3.** Spread veggies out on pan. Roast in oven until tender, about 15 min.
- 4.** Meanwhile, place water in **Multipurpose Steamer**. Cover; microwave on high 1–2 min until hot. Remove from microwave; stir in couscous. Cover; let steam until tender and water has absorbed, about 5 min. Keep covered until veggies are cooked.
- 5.** Meanwhile, to prepare dressing, whisk together remaining oil, vinegar, and dressing mix.
- 6.** In a large bowl, combine couscous, roasted vegetables, and dressing. Top with feta, if desired. Serve at room temperature.

Perfectly Balance Your Plate: Serve with ½ cup of protein, such as lentils or cooked, diced chicken.

Per serving: Calories 410, Fat 19 g (Saturated 5 g, Trans 0 g), Cholesterol 15 mg, Sodium 320 mg, Carbohydrate 50 g (Fibre 9 g, Sugars 6 g), Protein 12 g.



[Click for the SPG Potato Wedges recipe](#)

SPG Seasoning



- Salt. Pepper. Garlic. Your go-to for chicken, fish, seafood, roasted potatoes, veggies, & even popcorn!
- Great seasoning for chicken wings and fries.
- Season roasted root vegetables such as parsnips, onions, beets, and carrots.



Banana Upside Down Cake



Total Time
40 min



Makes
8-12 servings



Cost per serving
\$0.67 CA • \$0.57 US

With cinnamon-caramel comfort, sweet bananas, and moist texture, we're giving this retro classic its due. Dig in and you'll see that some desserts never go out of style! It's totally gluten-free, budget-friendly, and uses mostly pantry staples so it's there for you in a pinch. Prep in 5 min, then set it and forget it in the oven!

INGREDIENTS

- ¼ cup brown sugar
- 2 tbsp unsalted butter, melted
- 2 ripe bananas, divided
- 2 eggs
- ¾ cup unsweetened applesauce
- ½ cup oil
- 1 pkg **Sweet Banana Bread & Muffin Mix**

INSTRUCTIONS

- 1.** Preheat oven to 350° F. Lightly oil a 9" round cake pan.
- 2.** In a bowl, combine sugar and butter. Spread over bottom of pan.
- 3.** Slice 1–1 ½ bananas into thin rounds and arrange in bottom of pan. Mash remaining banana; set aside.
- 4.** In a large bowl, whisk eggs with applesauce and oil. Stir in mix and mashed banana until well combined. Scrape batter into pan.
- 5.** Bake 35–40 min, or until toothpick comes out clean. Remove from oven; cool in pan.
- 6.** Gently run knife around edge of pan to loosen cake. Carefully invert cake onto a plate or serving platter.

TIP To easily invert cake, place a **Cooling Rack** over top of cake and carefully flip over. Gently slide onto a plate or serving platter.

Per serving: Calories 170, Fat 9 g (Saturated 5 g, Trans 0.5 g), Cholesterol 35 mg, Sodium 10 mg, Carbohydrate 23 g (Fibre 0 g, Sugars 13 g), Protein 1 g.



[Click for the Sweet Banana Bread Petites recipe](#)

Sweet Banana Bread & Muffin Mix



- Perfectly sweet—not sugary—banana bread is ready in minutes with this delicious gluten free batter.
- Just add three ingredients—eggs (or an egg replacement), oil, and ripe mashed bananas—to make a fluffy, moist loaf, muffins, or Perfect Petites.
- Make in the microwave or the oven.
- Blend is made with rice flour.
- Only 7 g of sugar per serving.
- Gluten-free; free of grain, soy, dairy & gums/emulsifiers.
- Drizzle with peanut butter or melted chocolate.
- Add chocolate chips, seeds, dried fruit, or nuts to the batter.

**EPIC
BOX**

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