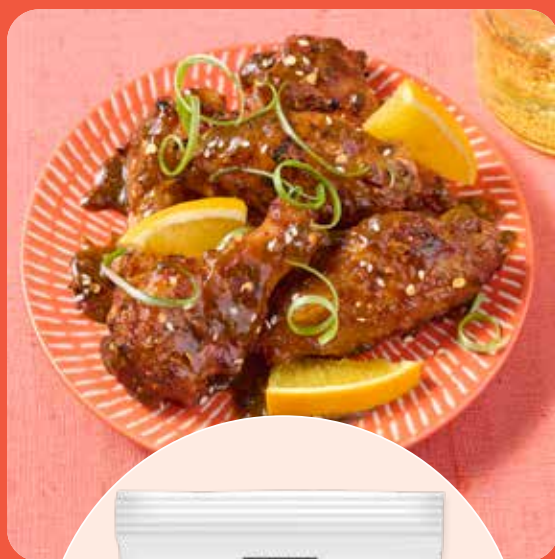




E P I C U R E™















Winner Winner Chicken Dinner

Goodbye boring chicken dinners, hello flavour! In the **April Epic Box**, we've curated our faves to wake up wing night, roast a whole bird, cook it sheet pan-style, or flavour it up with sticky stir-fries and better-than-Thai takeout.



April Epic Box Contents

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

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Crunchy Chicken Fingers

18 min | 4 servings | Cost per serving: 3.02 CA/2.57 US



Ingredients

2 cups cornflakes
2 tbsp + ½ tsp **All-Dressed Fries Seasoning**, divided
1 lb (450 g) chicken breast fillets, about 16 pieces
2 tbsp mayonnaise
Cooking spray
3 tbsp liquid honey
½ tsp low-sodium soy sauce

Instructions

1. Preheat air fryer to 400° F.
2. Place cornflakes in a resealable bag, seal and crush with a rolling pin into a coarse crumb. Mix in 2 tbsp seasoning and pour into a shallow dish.
3. In a large bowl, add chicken and mayo; toss to coat.
4. Using tongs or your hands, add chicken to cornflake mixture one piece at a time, rotating and pressing mix on both sides of chicken to coat.
5. Place coated chicken in air fryer basket in a single layer and spritz with cooking spray. (Depending on the size of your air fryer, you may need to cook chicken in two batches.) Cook 5–6 min. Using tongs, flip chicken and spritz with more cooking spray. Cook an additional 5–6 min, or until chicken is cooked through.
6. To prepare sauce, in a small bowl, combine remaining ½ tsp seasoning, honey, and soy sauce.
7. To serve, drizzle sauce over chicken tenders just before serving.

Perfectly balance your plate: Serve with ½ cup cooked grains, your choice, and 2 tbsp leafy greens with 1 tbsp Epicure Dressing.

Tip: For a hot honey topping, microwave honey mixture on medium (50% power) for 30 seconds before drizzling over chicken tenders.

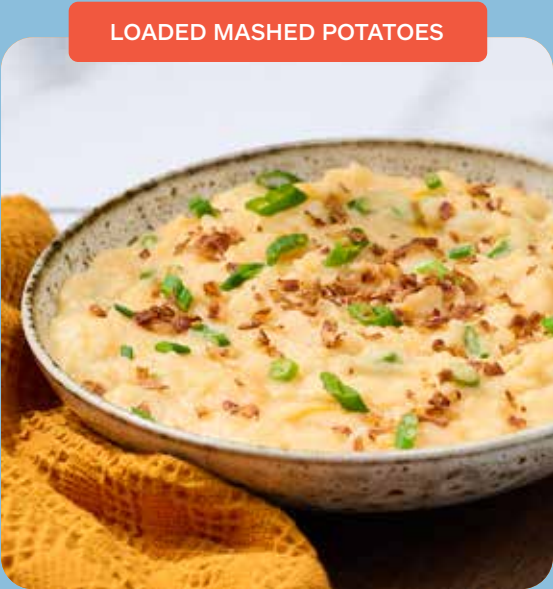
Per serving: Calories 310, Fat 9 g (Saturated 2 g, Trans 0 g), Cholesterol 70 mg, Sodium 220 mg, Carbohydrates 31 g (Fibre 1 g, Sugars 16 g), Protein 26 g.

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All-Dressed Fries Seasoning

- All Dressed is a classic Canadian chip seasoning and we've put an epic twist on it.
- Zero sodium blend.
- Shake this on fries, homemade chips, popcorn, potato salad, and more!
- Perfect for grilling season. Level up the flavour of your burger patties.
- Use All Dressed to season your grilled cheese—trust us!
- Toss it in scrambled eggs or tofu.
- Go wild—sprinkle it here, there, and everywhere to see where it works the best!



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Orange Chicken Wings

15 min | 4 servings | Cost per serving: 3.34 CA/2.84 US



These wings have it all: sweet, tangy, and citrusy! They're also super saucy, so if you prefer a less saucy wing, use 2 lbs (900 g) chicken wings for a lighter bite. We're also spilling the secret to crispy air fryer wing perfection: baking powder, to ensure that irresistible crunch without the heavy breading.

Ingredients

1½ lbs (675 g) chicken wings
1 pkg **Sticky Orange Chicken Seasoning**, divided
1 tsp baking powder
1 tbsp oil
½ cup orange juice
2 tbsp low-sodium soy sauce
2 tbsp water
Toppings (optional): sesame seeds
or **Everything Bagel Whole Food
Topper**, sliced green onion, chili flakes

Instructions

1. Preheat air fryer to 400° F.
2. In a large bowl, toss wings with 1 tbsp seasoning and baking powder; toss with oil. Air fry 13–15 min, or until cooked through, turning halfway. (You may need to air fry wings in 2 batches, depending on the size of your air fryer).
3. Meanwhile, in **Wok**, whisk remaining seasoning, orange juice, soy sauce, and water. Bring to a boil over medium-high heat, stirring constantly. Reduce heat; simmer until sauce has thickened to your liking.
4. Add cooked chicken wings to Wok; toss with sauce until evenly coated. Sprinkle on toppings, if desired.

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

Per serving: Calories 310, Fat 17 g (Saturated 4.5 g, Trans 0.1 g), Cholesterol 110 mg, Sodium 520 mg, Carbohydrate 18 g (Fibre 1 g, Sugars 12 g), Protein 21 g.

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Sticky Orange Chicken Seasoning

- Better than takeout!
- Just pair a few easy-to-shop-for ingredients with the blend, throw it in your wok (or frying pan), and you'll have a kid-friendly, one-pot dish on the table in less than 15 minutes.
- Sweet and sour orange flavour with a hint of ginger and chili.
- Mild spice level. Perfect for kids or those who don't do spicy.
- Sodium and sugar conscious.
- Serve with rice.



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Drunken Noodles (Pad Kee Mao)

20 min | 4 servings | Cost per serving: 4.02 CA/3.42 US



Here's your chance to dive into the awesome world of Thai street food! Whether the name stems from a late night out with friends or the fiery kick of this dish that begs for a cold beer, one thing's for sure—it's packed with flavour. Skip the take-out and make it at home to tailor the spice level to your fam's liking and dial down the sodium. **Pro tip:** opt for green bell peppers to keep this recipe more budget-friendly or choose whatever veggies you have available in your fridge or freezer.

Ingredients

- 1 pkg (7 oz/200 g) wide rice noodles, or your choice
- 1 pkg **Thai Basil Chicken Seasoning**
- ¼ cup water
- 2 tbsp oil, divided
- 2 tbsp low-sodium soy sauce
- 2 tbsp tomato paste or sriracha
- 1 lb (450 g) chicken breast fillets
- 2 bell peppers
- 2 small zucchinis

Toppings (optional): **3 Onion Dip Mix** or sliced green onions; **Everything Bagel Whole Food Topper** or sesame seeds; chili flakes

Instructions

1. Cook noodles in a large pot according to package directions. Drain and rinse under cold water.
2. Meanwhile, in a small bowl, combine seasoning, water, 1 tbsp oil, soy sauce, and tomato paste. The mixture will be thick; set it aside.
3. Heat remaining 1 tbsp oil in **Wok** over medium-high heat. Add chicken; cook until golden on all sides, about 6 min. It's OK if it's not fully cooked yet.
4. Meanwhile, thinly slice peppers and zucchinis.
5. Add sliced veggies to Wok. Stir-fry until veggies are tender-crisp and chicken is cooked through, about 4 min.
6. Add noodles and sauce. Using tongs, toss to combine, 1 min. The wok will be full! Add toppings, if desired. Serve immediately.

Perfectly balance your plate: This is a perfectly balanced plate.

Tip: When cooking chicken pieces, you'll know it's time to flip when it easily releases from the Wok.

Per serving: Calories 440, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 500 mg, Carbohydrate 53 g (Fibre 4 g, Sugars 6 g), Protein 32 g.

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Thai Basil Chicken Seasoning

- For when you want a Thai takeout, and you want it now — without the excess sodium and sugar.
- Stir-fried dish that's commonly served as a street food with tender chicken, fragrant Thai basil leaves, and a savory sauce. The beauty here is that all the seasonings are in the pack, saving you money at the grocery store and time in the kitchen!
- Savory, sweet, and mildly spicy flavors with fragrant notes of sweet basil.
- Spice level: Mild.
- Use as a seasoning for any of your favourite Thai dishes.
- Serve stir-fry over rice or in lettuce wraps.
- Garnish your meal with sliced chili and a fried egg.



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New York Chicken Sandwiches

18 min | 6 servings | Cost per serving: 3.37 CA/2.86 US



Here's an Epic take on a popular New York street sandwich called "chicken spiedie" (pronounced "spee-dee"). This grilled meat on a skewer is renowned for its bright lemony and herby flavour that typically takes hours of marinating. Our streamlined version slashes prep and cook time, and still delivers a punch of flavour! Bump up the fibre and swap the hoagie rolls for whole wheat buns.

Ingredients

1 pkg **Lemon Garlic Chicken Seasoning**, divided
¼ cup mayonnaise
1 tsp water
1½ lbs (675 g) boneless, skinless chicken
2 tbsp olive oil
6 hoagie rolls

Instructions

1. Preheat grill to medium-high.
2. Measure ½ tbsp seasoning in a small bowl; stir in mayonnaise and water. Set aside.
3. Chop chicken into cubes. In large bowl, toss chicken cubes with oil and remaining seasoning. Thread onto three **Grill Boss Skewers**.
4. Grill with lid closed 8–10 min, or until chicken is cooked through. Turn skewers often so they cook evenly.
5. Split and toast rolls, if desired. To serve, slide meat from skewers, then divide between rolls. Drizzle with sauce.

Perfectly balance your plate: Serve with 1 cup chopped veggies.

Tip: Too chilly out to grill? You can still enjoy this recipe year-round! Place **Cooling Racks** on an unlined **Sheet Pan** and arrange skewers on racks. Broil 4–5 min per side, or until chicken is cooked through.

Tip: If you don't have **Grill Boss Skewers**, use six small (6") skewers instead.

Per serving: Calories 460, Fat 20 g (Saturated 4 g, Trans 0 g), Cholesterol 85 mg, Sodium 490 mg, Carbohydrate 40 g (Fibre 9 g, Sugars 5 g), Protein 26 g.

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Lemon Garlic Chicken Seasoning

- A simple one-pot meal bursting with the flavours of garlic, organic lemon, rosemary, thyme, and sage.
- Cook a whole juicy chicken in the microwave in just 20 minutes using a Multipurpose Steamer or oven (70-80 minutes).
- Make it a Sheet Pan meal: Use chicken pieces instead of a whole chicken.
- Keep it vegan: Use the blend to season veggies or tofu.
- Cook once. Eat twice. Enjoy roast chicken leftovers in salads, wraps, and bowls—and use leftover bones for nourishing bone broth!



BAKED LEMON GARLIC RICOTTA



LEMON GARLIC POTATO WEDGES



SIMPLY THE ZEST
CHICKEN DINNER

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Juicy Chicken 101

28 min | 8 servings | Cost per serving: 2.54 CA/2.16 US



It's time for overcooked, under-seasoned chicken to make its exit. Here's our version of "Juicy Chicken 101", inspired by the viral Tik Tok recipe for moist, tender, and juicy chicken, every time! Whether you're all about meal prep or need a quick, easy weeknight dinner, this recipe is for you. The Sauté Pan is oven-safe, but if you don't have one, a cast iron pan works, too!

Ingredients

2 lbs (900 g) boneless, skinless chicken breasts, about 4
1 pkg **Rotisserie Chicken Seasoning**
1 tbsp oil

Instructions

1. Preheat oven to 400° F.
2. Using a paper towel, pat chicken dry. Rub both sides of chicken with seasoning.
3. Heat oil in **Sauté Pan** over medium-high heat. Add chicken; cook 5 min.
4. Flip chicken. Immediately transfer pan to oven. Bake 13–15 min, or until cooked through. Let rest 5 min.
5. Slice chicken. Serve on salads, power bowls, pasta, and more!

Perfectly balance your plate: Serve with a dinner roll or 1 cup cooked pasta, and 2 cups leafy greens with 1 tbsp Epicure Dressing.

Tip: Cook once, eat twice! Freeze half of the batch and pull it out when you're in a pinch.

Tip: Depending on the thickness of the chicken breasts, the roasting time will vary. To test for doneness, insert an instant-read thermometer into the thickest part of the breast, it should register at 165° F.

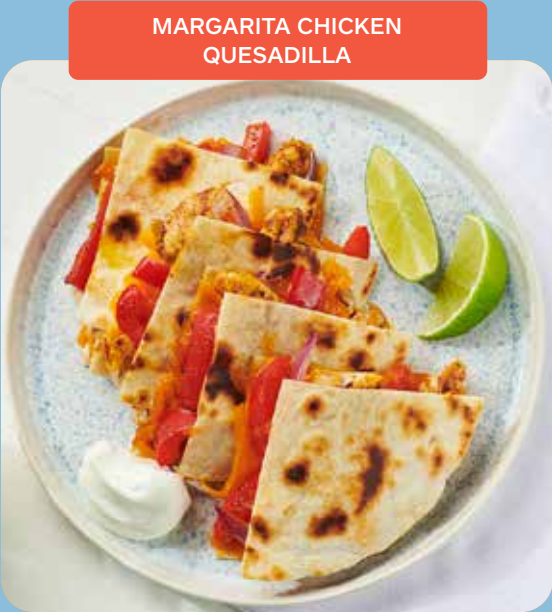
Per serving: Calories 160, Fat 5 g (Saturated 1 g, Trans 0 g), Cholesterol 85 mg, Sodium 220 mg, Carbohydrate 2 g (Fibre 0 g, Sugars 0 g), Protein 26 g.

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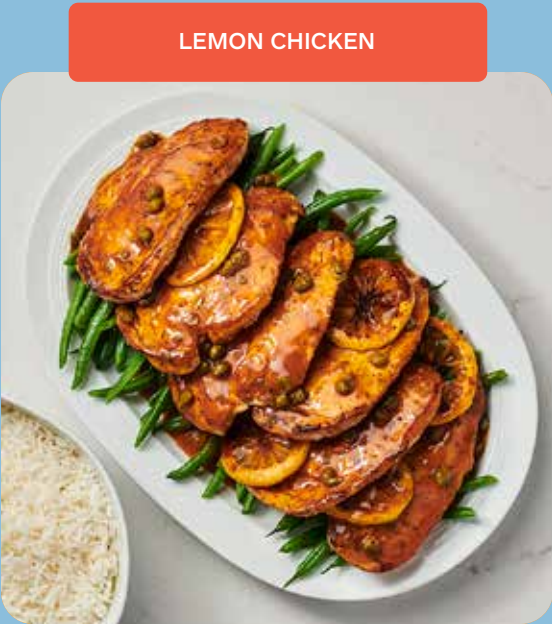


Rotisserie Chicken Seasoning

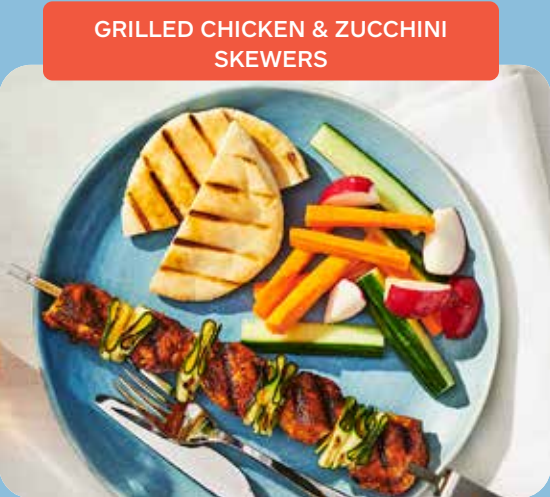
- In 20 minutes, you can cook a whole chicken in the microwave using the Round Steamer.
- Classic herby flavour of slow-roasted chicken. This outshines the store-bought version—free of unnecessary additives and too much sodium.
- Quick and juicy, perfect for any night of the week.
- Use for your next beer can BBQ chicken.



MARGARITA CHICKEN
QUESADILLA



LEMON CHICKEN



GRILLED CHICKEN & ZUCCHINI
SKEWERS

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Oh Citrus Chicken

20 min | 8 servings | Cost per serving: 3.08 CA/2.61 US

When life gives you lemons (or limes) ...grill them! The heat deepens the flavours, loosens up the juices, and adds a bright finish to this outrageously good grilled chicken.

Ingredients

- 1 lime
- 1 lemon
- 1 pkg **Sweet Garlic Chicken Seasoning**
- 2 tbsp oil + more for brushing
- 2 lbs (900 g) boneless, skinless chicken thighs

Instructions

1. Preheat grill to medium-high. Lightly brush with oil.
2. Slice lemon and lime in half and set aside.
3. In a large bowl, combine glaze with oil; add chicken and toss to coat. If you have time, let stand 10 min, or cover and refrigerate overnight to marinate.
4. Place chicken on grill, reduce heat to medium. Cook with lid closed, 5–7 min. Flip chicken; add lemon and lime to grill, cut side down. Cook lemon, lime, and chicken 4–5 min, or until chicken is cooked through.
5. Once lemon and lime have cooled slightly, squeeze citrus juice over chicken and serve.

Perfectly balance your plate: Serve with 1 large dinner roll and 2 cups leafy greens with 1 tbsp prepared Epicure Dressing.

Per serving: Calories 195, Fat 10 g (Saturated 2 g, Trans 0 g), Cholesterol 105 mg, Sodium 170 mg, Carbohydrate 5 g (Fibre 0 g, Sugars 3 g), Protein 20 g.

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Sweet Garlic Chicken Seasoning

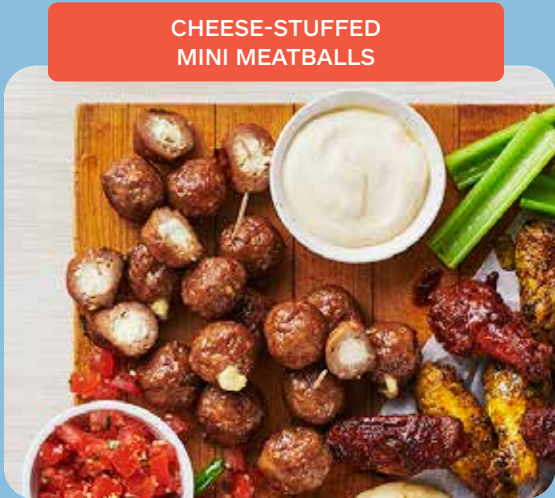
- Sweet & garlicky, family-friendly meal that goes from raw-to-ready in 20 minutes.
- Customize with your choice of ingredients: chicken, fish, or pork.
- Vegan option: replace chicken with medium-firm, cubed tofu.
- Makes 4 servings.



FISH TACOS
WITH MANGO-AVOCADO SALSA



SWEET GARLIC SHRIMP STIR-FRY



CHEESE-STUFFED
MINI MEATBALLS

Fudgy Brownie Petites

30 min | 23 servings | Cost per serving: 0.34 CA/0.29 US



Ingredients

1 pkg **Fudgy Brownie Mix**
½ cup unsalted butter, melted
2 eggs
2 tbsp milk, your choice
1 tsp vanilla extract

Instructions

1. Preheat oven to 350° F.
2. Place **Perfect Petites** on a **Sheet Pan**. Using a basting brush, generously brush with oil.
3. In a large bowl, combine mix with butter. Add eggs, milk, and vanilla extract. Stir until well combined. Evenly divide batter between 23 perfect petite wells..
4. Bake for 18 min. Cool in pan 5 min, then pop out.

Per serving (1 petite): Calories 90, Fat 4.5 g (Saturated 3 g, Trans 0.2 g), Cholesterol 25 mg, Sodium 60 mg, Carbohydrate 10 g (Fibre 1 g, Sugars 7 g), Protein 1 g.

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Fudgy Brownie Mix

- Make the fudgiest, chocolatiest brownies ever in the microwave in just 4 minutes (or 20 minutes in the oven)!
- Just add a few simple ingredients to our gluten free mix.
- Have them on their own, in a sundae, or as a dessert base.
- Go nuts. Literally. Add some. Or add chocolate chips. Swap out vanilla extract for peppermint, orange, or rum. You do you!
- 1 package makes 12 utterly delicious brownies.



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