



E P I C U R E™

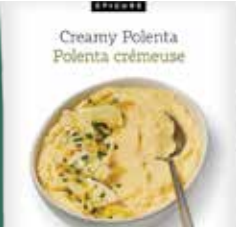













Back to the Basics

Set your sights on your New Year goals with the **January Epic Box!** Get ready to rock mealtime with comfort, flavour, and nourishing choices. Make meals that'll get you back in the game on a budget with all the essentials.



January Epic Box Contents

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

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Tex-Mex Polenta Bowls

20 min | 4 servings | 2.83 CA / 2.41 US per serving



Dreaming of tacos? We can relate. Satisfy those Tex-Mex cravings the moment you wake up! Polenta is super easy to make in the microwave, so you can prepare it even if you're still half asleep. Top your bowls with creamy avocado and a fried egg—it's a breakfast fiesta to energize you for the day ahead.

Ingredients

1 pkg **Creamy Polenta Mix**
1 tsp **Poco Picante Salsa Mix**
2 cups water
2 cups milk, divided, your choice
1 ½ tbsp unsalted butter, divided
1 avocado
4 eggs
4 cups baby spinach or arugula
Toppings (optional): grated cheese, salsa, or hot sauce

Instructions

1. In **Round Steamer**, combine polenta and salsa mixes, water, and 1 cup milk. Cover; microwave on high 5 min.
2. Remove from microwave (use caution when handling steamer—it will be hot!) and whisk well to break up lumps. Whisk in remaining 1 cup milk and 1 tbsp butter.
3. Microwave, uncovered, on high 10 min, whisking halfway through. Let stand in microwave 5 min.
4. Meanwhile, thinly slice avocado.
5. Heat remaining ½ tbsp butter in a large, non-stick fry pan over medium heat. Crack in eggs; cook for 3 min or until whites are set and yolk is done to your liking.
6. To serve, whisk polenta and divide between 4 large bowls. Top each bowl with 1 cup spinach, then egg and avocado slices. Add toppings, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup chopped veggies, such as tomatoes or bell peppers.

Tip: Don't have **Poco Picante Salsa Mix**? Stir in 2 tsp of your favourite hot sauce.

Per serving: Calories 390, Fat 21 g (Saturated 8 g, Trans 0.4 g), Cholesterol 215 mg, Sodium 410 mg, Carbohydrate 34 g (Fibre 6 g, Sugars 8 g), Protein 16 g.

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Creamy Polenta Mix

- Classic, Italian polenta cooked in the microwave.
- Raw to ready in 20 minutes. No need to stand over the stove for 40 minutes stirring your polenta.
- Creamy, gritty, and comforting.
- The blend has cornmeal and real cheese, so all you need is milk and butter.
- Mild, kid friendly flavour, or you can stir in any of your favourite Epicure seasonings, pesto, sundried tomatoes, black olives, and more!
- Serve it like you would mashed potatoes.
- 1 package makes about 4 cups of polenta.



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Tuna Noodle Casserole

30 min | 4 servings | 3.81 CA / 3.24 US per serving



Some things never go out of style—starting with casseroles. From grandma's kitchen to yours, we're reviving retro with this creamy comfort meal. Skip the salty, canned soups in other recipes: **Broccoli Cheddar Soup** is sodium conscious, gluten free and, not to mention, heckin' delish.

Ingredients

4 cups uncooked egg noodles
3 cups prepared **Broccoli & Cheddar Soup**
2 cups broccoli florets, fresh or frozen
2 cups frozen peas
1 can (5 oz/170 g) tuna, drained
½ cup grated cheddar
½ pkg **Crispy & Crunchy Coating Mix**
or ¼ cup breadcrumbs, optional
½ tbsp melted butter, optional

Instructions

1. Preheat oven to 400° F.
2. In a large pot, cook egg noodles according to package directions. Drain.
3. In a 9" x 13" baking dish, toss cooked noodles, soup, broccoli, and peas. Flake in tuna; stir to combine. Top with cheese.
4. If using, combine coating mix with melted butter. Sprinkle over casserole.
5. Bake 20–25 min, or until hot and golden brown.

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

Per serving: Calories 480, Fat 13 g (Saturated 6 g, Trans 0.3 g), Cholesterol 90 mg, Sodium 430 mg, Carbohydrates 63 g (Fibre 7 g, Sugar 9 g), Protein 29 g.

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Broccoli Cheddar Soup Seasoning

- A soup that gives comforting vibes, this is a winter season essential.
- Raw to ready in just 20 minutes.
- Gluten free blend.
- Made with real cheese.
- 1 package makes about 4 cups of soup.
- Cup for cup, 50% less sodium than grocery store brands.
- Customize with your choice of milk. For richer soup, swap in 1 cup whipping cream.
- Customize your soup by swapping broccoli for corn, potatoes and bacon, or cauliflower. Use to make clam or fish chowder.



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Bistro Burgers

20 min | 6 servings | 3.03 CA / 2.58 US per serving



We're flipping the script on traditional burgers—bistro burgers are all about gourmet fun, without a lot of fuss. Hot tip: caramelized onions prepared in the microwave. This hack shaves over 30 minutes off the cooking time.

Ingredients

1 large yellow onion
1 tbsp unsalted butter
1½ lbs (675 g) lean ground beef
½ pkg **Beef Dip Seasoning**
6 burger buns
6 slices mozzarella, Swiss,
or Brie cheese
6 tsp prepared **Roasted Garlic Aioli**
1½ cups arugula or spinach

Instructions

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. Thinly slice onion into strips and place in **Square Steamer** with butter. Microwave, uncovered, on high 16 min, stirring halfway.
3. Meanwhile, in a large bowl, combine ground beef with seasoning. Form into six patties and arrange on pan.
4. Bake 14 min. Top each patty with a cheese slice; bake additional 2 min, or until burgers are cooked through and reach an internal temperature of 160° F.
5. Split and toast buns, if desired. Spread 1 tsp aioli on each bottom bun; top each with ¼ cup arugula, patty, and caramelized onions.

PERFECTLY BALANCE YOUR PLATE: Serve with 2 cups leafy greens with a squeeze of lemon juice.

Tip: Slash cooking time even more! Toss onions with ¼ tsp baking soda. Microwave, uncovered, on high 10–12 min. The baking soda creates a chemical reaction that helps the onions brown faster.

Per serving: Calories 430, Fat 22 g (Saturated 9 g, Trans 0.5 g), Cholesterol 85 mg, Sodium 630 mg, Carbohydrate 32 g (Fibre 2 g, Sugars 6 g), Protein 23 g.

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Beef Dip Seasoning

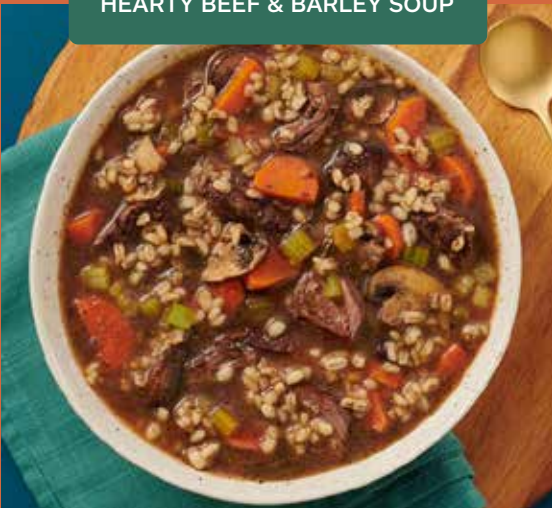
- A gastro-pub fave!
- Soft, subtle notes of mushrooms, garlic, rosemary, and thyme.
- Serve on busy weeknights and weekends at home, or feed a crowd on game day.
- Makes a big batch of beef—great for freezer meals. Meal prep Sunday: set and forget it in a slow cooker.
- Blend into burgers, meatloaf, meatballs, or any recipe that calls for ground beef.
- Great all-purpose roast seasoning.



BISTRO BEEF BURRITOS



CLASSIC BEEF SLIDERS



HEARTY BEEF & BARLEY SOUP

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Chicken Steaks with Creamy Mushroom Sauce

18 min | 6 servings | 2.63 CA / 2.24 US per serving



When you want steak, but there's chicken in the freezer... make chicken steaks! Served with an unctuous, creamy mushroom sauce, this dish is practically begging to have mashed potatoes or rice served alongside it.

Ingredients

1½ lbs (675 g) boneless, skinless chicken breasts, about 3
1 tbsp oil
1 pkg **Beef Stroganoff Seasoning**
1¾ cup water
2 cups sliced mushrooms
1 cup 2% plain Greek yogurt or sour cream
1 tsp Worcestershire sauce

Instructions

1. Thinly slice chicken by placing one hand on one breast and pressing down firmly. Then, curve fingers up slightly for safety. Carefully slice meat horizontally with knife using other hand. Repeat with remaining chicken. You should have six pieces in total.
2. Heat oil in **Sauté Pan** over medium-high heat. Brown chicken 2 min each side and remove from pan. Set aside.
3. Meanwhile, in a medium bowl combine seasoning with water.
4. When chicken has been removed from pan, add mushrooms to pan and cook until softened, about 4 min. Return chicken to pan and stir in seasoning mixture. Bring to a boil, reduce heat, and simmer for 4 min, or until thickened.
5. Remove from heat and stir in Greek yogurt and Worcestershire sauce.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup mashed potatoes and 2 cups leafy greens with 1 tbsp **Epicure Dressing**.

Tip: For a vegetarian option, swap firm, cubed tofu for chicken.

Per serving: Calories 200, Fat 6 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 260 mg, Carbohydrate 7 g (Fibre 1 g, Sugars 2 g), Protein 28 g.

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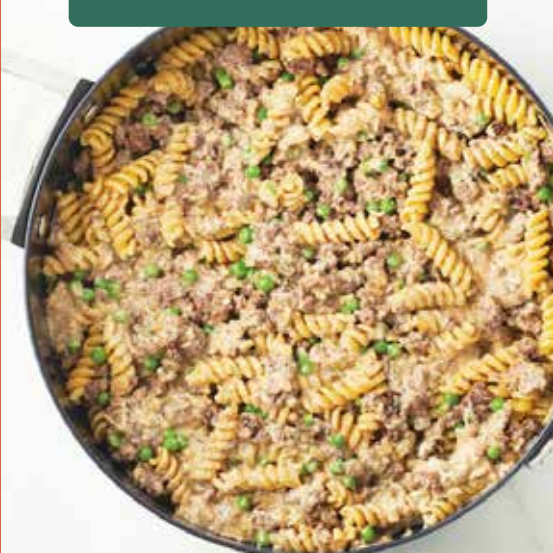
Beef Stroganoff Seasoning

- The ultimate comfort meal—perfect for a quick weeknight dinner. Easy, budget-friendly, and tasty!
- Notes of creamy mushroom, onion, and paprika.
- Easy prep. Raw to ready in 20 minutes.
- Slow cooker and Instant Pot™ friendly.
- Use prepared sauce for topping nachos, pizza, and savoury crepes.

SWEDISH MEATBALLS



BEEF STROGANOFF "HELPER"



CREAMY TOMATO CHICKEN



White Chicken Chili

30 min | 6 servings | 2.59 CA / 1.90 US per serving



When chili is made with chicken or turkey, white beans, and broth (rather than tomatoes), it is called “white chili” because it appears light in color rather than a deep red.

Ingredients

2 tbsp oil
1 onion, diced
1 cup celery, diced
2 tsp **Minced Garlic**
1 lb (450 g) boneless, skinless chicken breasts, cubed
1 tbsp **Chili Seasoning**
2 cups prepared **Nourish Broth**
1 can (19 oz/540 ml) white kidney beans, drained and rinsed
Toppings (optional): sour cream or plain yogurt

Instructions

1. In a large pot, heat oil over medium heat. Add onion, celery, and garlic. Cook for 5 min, stirring frequently. Remove from pot and set aside (don't wash pot).
2. Add chicken to pot; cook for 5 min or until no longer pink. Add onion, seasoning, broth, and beans. Bring mixture to a boil over high heat, stirring occasionally.
3. Reduce heat; let mixture simmer for 15 min.
4. Spoon into bowls. Top with sour cream or yogurt, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup sliced veggies and 2 tbsp **Epicure Dip**.

Per serving: Calories 280, Fat 9 g (Saturated 1.5 g, Trans 0 g), Cholesterol 70 mg, Sodium 430 mg, Carbohydrate 19 g (Fibre 8 g, Sugars 2 g), Protein 32 g.

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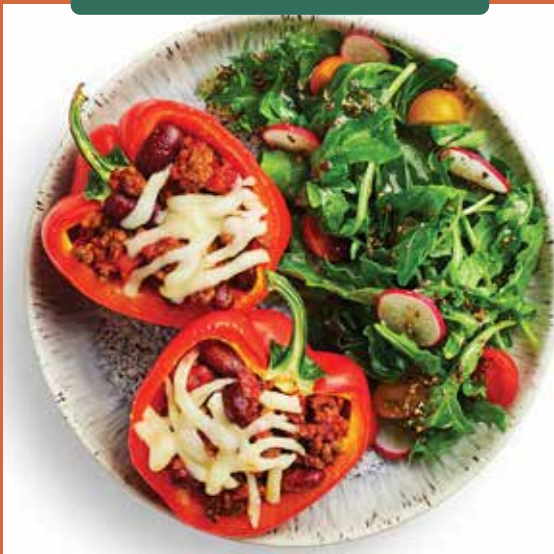
Chili Seasoning

- Premium, all-in-one blend for perfectly seasoned chili.
- Zesty, sweet, and mild peppers with a touch of heat.
- Lower-sodium alternative to other store-bought options.
- Go beyond chili—use to season chicken, beef, or other proteins. Try in burritos, enchiladas, and other Tex-Mex recipes.

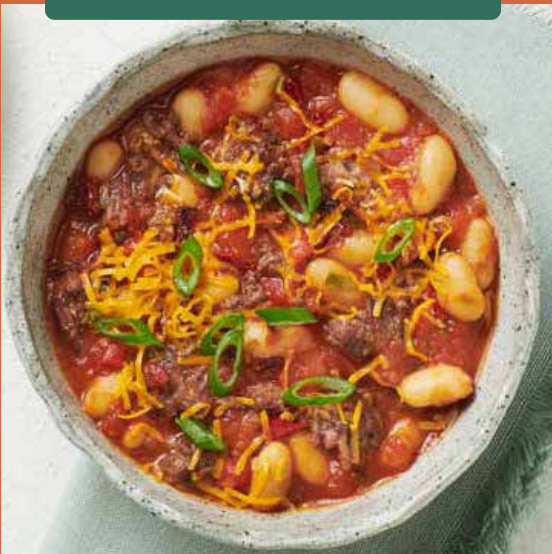
CHILI MAC & CHEESE



CHILI PEPPER BOATS



MAPLE BAKED BEAN CHILI



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Surf ‘n Turf Stew

20 min | 4 servings | 3.95 CA / 3.36 US per serving



Ingredients

1 pkg **Home-Style Chicken Stew Seasoning**

2½ cups water, divided

2 carrots

1 celery stalk

1 large potato, preferably Yukon gold

½ lb (225 g) boneless, skinless chicken breasts

2 tsp oil

½ lb (225 g) peeled uncooked shrimp

2 tbsp chopped sundried tomatoes, optional

1 cup frozen peas

Better Than Bacon Topper, to taste

Toppings (optional): fresh pea sprouts or sliced green onion

Instructions

1. In a bowl, combine seasoning with 2 cups water. Set aside.
2. Slice carrots into thin rounds. Dice celery. Cut unpeeled potato into small cubes.
3. Place veggies in **Multipurpose Steamer** and pour in ½ cup water. Cover; microwave on high until veggies are tender, about 8 min.
4. Meanwhile, cut chicken into small cubes. Heat oil in **Wok** set over medium-high heat. Add chicken and shrimp; stir-fry until golden and cooked through, 4–5 min.
5. Stir in reserved seasoning mixture, cooked veggies, and sundried tomatoes, if using. Bring to a boil, then stir in frozen peas. Cook until warmed through, 1 min.
6. Spoon into bowls and shake on topper. Garnish with toppings, if using.

PERFECTLY BALANCE YOUR PLATE: Serve with 2 cups leafy green salad and 1 tbsp **Epicure Salad Dressing**, your choice.

Tip: If using frozen shrimp, defrost before cooking.

Tip: Swap shrimp for cooked, chopped lobster. Use fresh, frozen, or canned.

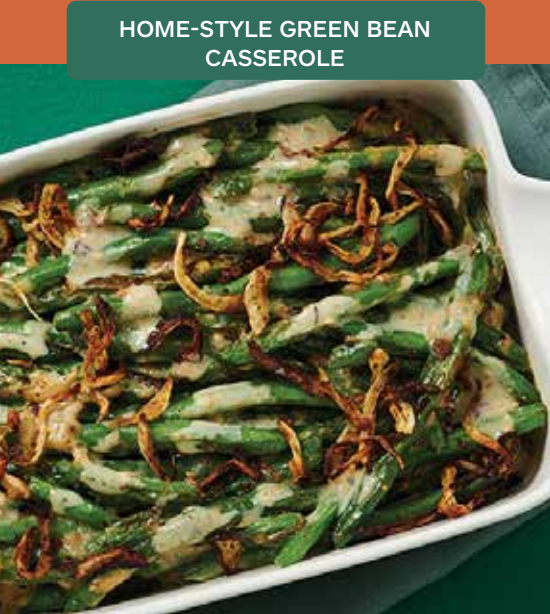
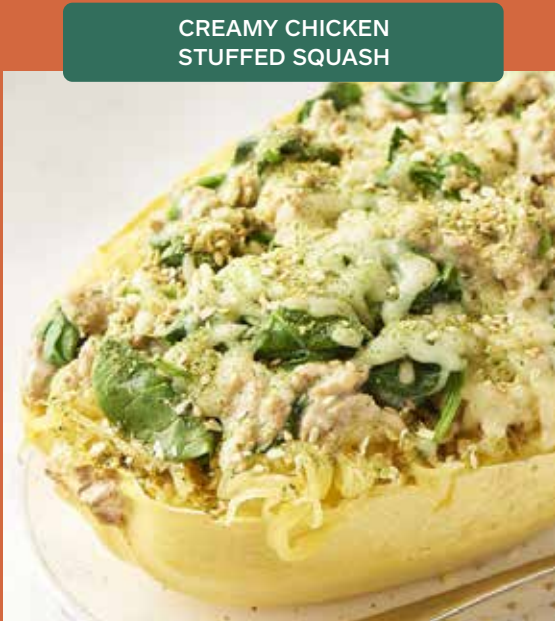
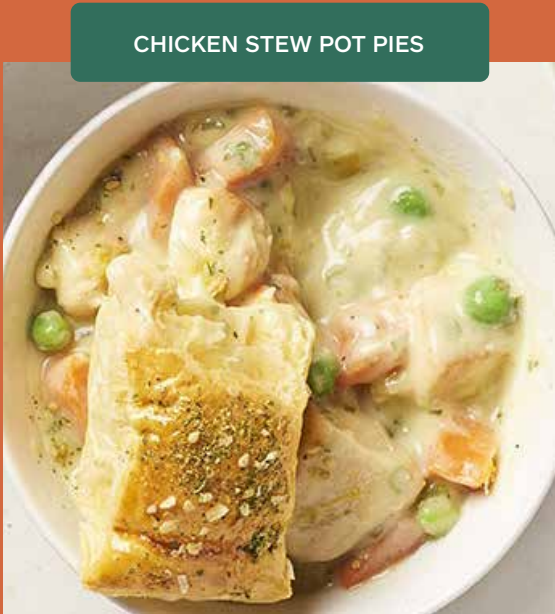
Per serving (about 1½ cups): Calories 320, Fat 7 g (Saturated 1.5 g, Trans 0.1 g), Cholesterol 130 mg, Sodium 570 mg, Carbohydrate 36 g (Fibre 6 g, Sugars 7 g), Protein 29 g.

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Home-Style Chicken Stew Seasoning

- Saucy, creamy stew with just a hint of onion and sage. Raw to ready in just 20 minutes.
- 1 package makes 8 cups of stew.
- Slow cooker and Instant Pot™ friendly. Set it and forget it on busy days.
- Use stew as a filling for chicken pot pies, or try the sauce alone as a dip for biscuits.



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Green Monster Mac & Cheese

17 min | 4 servings | 1.97 CA / 1.56 US per serving



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**
2½ 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.

PERFECTLY BALANCE YOUR PLATE: Serve with 2 cups mixed greens and 1 tbsp **Epicure Salad Dressing**.

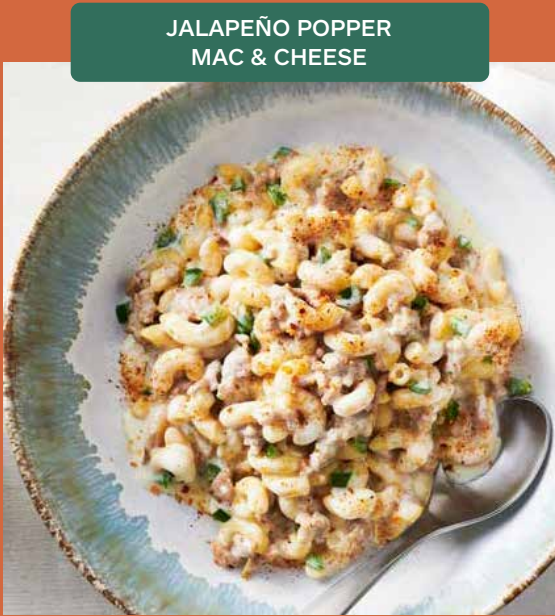
Per serving: Calories 320, Fat 13 g (Saturated 6 g, Trans 0.3 g), Cholesterol 30 mg, Sodium 400 mg, Carbohydrate 36 g (Fibre 5 g, Sugars 5 g), Protein 17 g.

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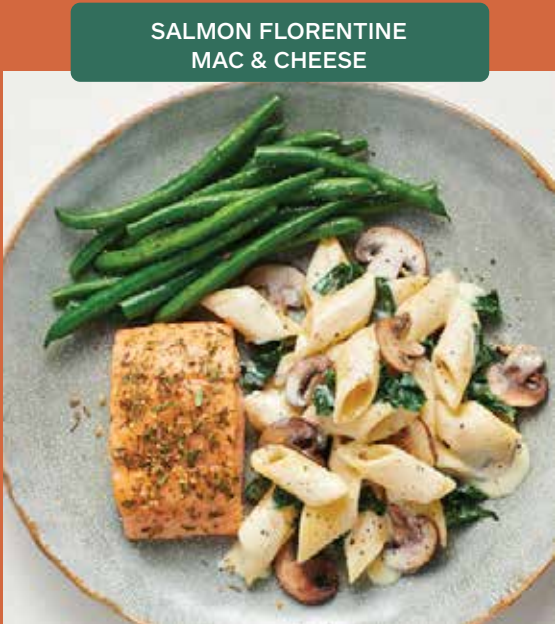


Mac & Cheese Seasoning

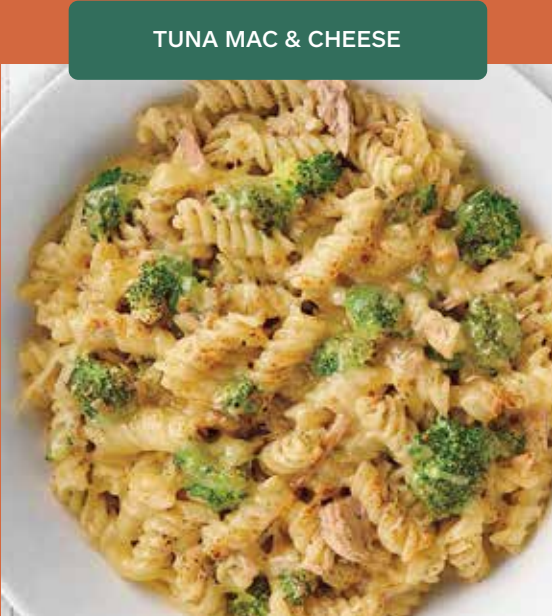
- Creamy, cheesy, and super comforting—it's the mac & cheese that you've been craving and your kids will LOVE!
- Packed with flavour thanks to real cheddar cheese, but free from unnecessary additives.
- You only need a few ingredients: milk, pasta, and butter (optional).
- Load it up with veggies and protein.



JALAPEÑO POPPER
MAC & CHEESE



SALMON FLORENTINE
MAC & CHEESE



TUNA MAC & CHEESE

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