



# The Art of the Cart: Street Food Made Easy

Street food has it all: vibrant, bold flavors, luscious sauces, and the option to skip cutlery (although napkins are a must!). These meals are meant to be picked up and devoured!

**This month's Epic Box** features the most delectable food cart experiences, allowing you to earn street cred for your culinary skills and spice up your Friday date night!

EPICURE™

\$ per serving \$4.06 CA/\$3.45 US  
GROUND BEEF & UDON NOODLE STIR-FRY



\$ per serving \$2.02 CA/\$1.62 US  
DONAIR SCRAMBLED EGGS



APRIL, 2023

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# Quinoa Salad with Jalapeño Honey Vinaigrette

15 min | 4 servings | \$2.52 CA/\$2.14 US per serving



Reach for something spicy when you need to cook quinoa or rice. Cup for cup, you get twice the protein and more fibre with quinoa than you do with rice. Kickin' Jalapeño Burger Seasoning brings the heat without having to chop a fresh jalapeño. No more burning or stinging hands. That's hot!

## INGREDIENTS

- 1 cup uncooked quinoa
- 2 cups water
- 1 tsp + 1 tbsp **Kickin' Jalapeño Burger Seasoning**, divided
- 3 tbsp olive oil
- 2 tbsp honey or maple syrup
- 2 tbsp lime juice
- 1 English cucumber
- 2 cups cherry tomatoes

**Toppings** (optional): sliced avocado, crumbled feta

## INSTRUCTIONS

1. In **Multipurpose Steamer**, combine quinoa, water, and 1 tsp seasoning. Cover and microwave on high 12 min, or until tender.
2. Meanwhile, in a small bowl, whisk oil with honey or maple syrup, lime juice, and remaining 1 tbsp seasoning to make dressing. Set aside.
3. Dice cucumber and slice tomatoes in half. Stir into steamer with cooked quinoa and toss with dressing. Add toppings, if desired.

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

**TIP:** Choose quinoa when you need a bump of protein. While technically a seed, it's often used in place of rice or pasta. It's a complete protein and contains all nine essential amino acids—what a workhorse!

**PER SERVING:** Calories 320, Fat 13 g (Saturated 1.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 130 mg, Carbohydrate 45 g (Fibre 5 g, Sugars 12 g), Protein 8 g.



\$ per serving \$2.85 CA/\$2.42 US  
KICKIN' JALAPEÑO BURGER



\$ per serving \$1.65 CA/\$1.40 US  
KICKIN' JALAPEÑO VEGGIE BURGER



\$ per serving \$0.41 CA/\$0.35 US  
JALAPEÑO POPPER DIP

Try these alternative recipes  
using **Kickin' Jalapeño Burger  
Seasoning**

# Chicken Noodle Stir-Fry

15 min | 4 servings | \$4.02 CA/\$3.42 US per serving



## INGREDIENTS

- ½ pkg (14 oz/400 g) thick rice noodles
- 4 cups boiling water
- 1 pkg **Chicken Fried Rice Seasoning**
- 1 tbsp rice vinegar
- 1 tbsp low-sodium soy sauce
- 2 tbsp water
- 1 tbsp oil
- 1 lb (450 g) ground chicken
- 1 large bell pepper
- 2 cups sugar snap peas or snow peas
- Toppings** (optional): sliced green onion

## INSTRUCTIONS

1. In **Round** or **Multipurpose Steamer**, combine rice noodles and boiling water. Ensure noodles are completely submerged—add more boiling water as needed. Stir occasionally until tender, about 8–10 min. Drain and rinse under cold water.
2. Meanwhile, in a small bowl, whisk together seasoning, vinegar, soy sauce, and water. Set aside.
3. Heat oil in **Wok** over medium-high heat. Add chicken. Stir-fry until cooked, breaking up chunks as needed, 5–6 min.
4. Thinly slice pepper; add to wok along with snap peas. Stir-fry 1–2 min or until tender crisp. Add noodles and sauce. Carefully mix everything using a scooping motion, 1 min. The wok will be full! Serve immediately and add toppings, if desired.

## THIS IS A PERFECTLY BALANCED PLATE.

PER SERVING: Calories 430, Fat 13 g (Saturated 3 g, Trans 0.1 g), Cholesterol 100 mg, Sodium 510 mg, Carbohydrate 52 g (Fibre 3 g, Sugars 4 g), Protein 24 g.



\$ per serving \$3.90 CA/\$3.32 US  
CHICKEN FRIED RICE



\$ per serving \$2.89 CA/\$2.46 US  
TAMARI CHICKEN LETTUCE WRAPS

Try these alternative recipes using **Chicken Fried Rice Seasoning**

# Ground Beef & Udon Noodle Stir-Fry

18 min | 4 servings | \$4.06 CA/\$3.45 US per serving



This easy, 20-minute beef udon stir-fry noodles recipe is ideal for busy weeknights. A little ground beef, noodles, veggies, and a perfectly blended sauce will make everyone happy at dinner!

## INGREDIENTS

1 pkg **Crispy & Crunchy Lettuce Wrap Seasoning**

3 tbsp water

2 tbsp rice vinegar

1 tbsp each low-sodium soy sauce and sesame oil

½ tbsp cornstarch

2 pkgs (200 g each) fresh Udon noodles

2 tsp oil

1 lb (450 g) lean ground beef

2 bell peppers

2 cups broccoli florets

**Toppings (optional): Everything Bagel Whole Food Topper**

## INSTRUCTIONS

1. In a small bowl, whisk together seasoning, water, vinegar, soy sauce, sesame oil, and cornstarch. Set aside.
2. Fill a **Multipurpose Pot** three-quarters full of hot water and bring to a boil. Add noodles; boil, 4–5 min, stirring noodles gently until each strand has separated. The noodles will soften, but still be chewy. Drain, rinse under cool water; set aside.
3. Meanwhile, heat oil in **Wok** over medium-high heat; add beef. Cook until browned, about 4–5 min. Drain liquid, if needed.
4. Slice peppers into thin strips. Add peppers and broccoli to wok; stir-fry until tender-crisp, 4–5 min.
4. Add drained noodles and reserved sauce. Stir gently to combine (the Wok will be full!) and sauce has heated through, 1 min.

## THIS IS A PERFECTLY BALANCED PLATE.

**TIP:** Find fresh udon noodles in the Asian section of most grocery stores. Look for the noodles in the vacuum-sealed plastic packages—these are pre-cooked and require a short time in boiling water to separate the strands.

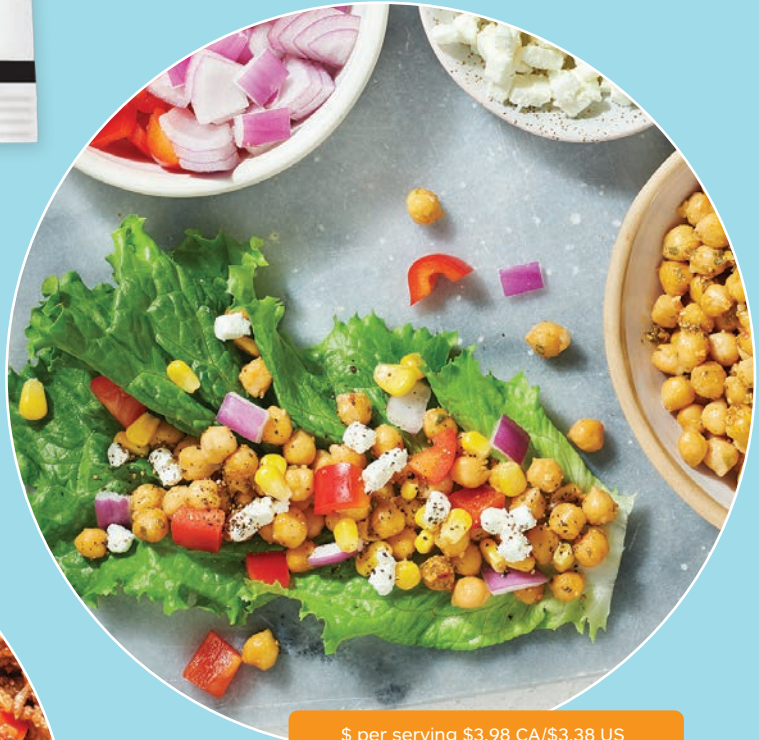
**PER SERVING:** Calories 420, Fat 18 g (Saturated 5 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 460 mg, Carbohydrate 37 g (Fibre 3 g, Sugars 3 g), Protein 28 g.



\$ per serving \$3.54 CA/\$3.01 US  
GINGERY TURKEY & RICE BOWL



\$ per serving \$3.17 CA/\$2.69 US  
CRISPY & CRUNCHY LETTUCE WRAPS



\$ per serving \$3.98 CA/\$3.38 US  
SUMMER CHICKPEA LETTUCE WRAPS



Try these alternative recipes using **Crispy & Crunchy Lettuce Wrap Seasoning**

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# Great Canadian Donair Dip

15 min | 4 servings | \$0.46 CA/\$0.40 US per serving



## INGREDIENTS

1 pkg (8 oz/250 g) cream cheese brick, cut into cubes  
 ½ cup mayonnaise  
 ¼ cup milk, your choice  
 2 tbsp granulated sugar  
 2 tsp white vinegar  
 1½ tsp **Roasted Garlic Aioli Mix**  
 1 cup shredded mozzarella  
 1 lb (450 g) lean ground beef  
 ½ pkg **Donair Seasoning**, about 3 tbsp  
 8 mixed cherry tomatoes, quartered or finely chopped  
**Toppings** (optional): red onion, sliced or diced, or chopped fresh parsley

## INSTRUCTIONS

1. Preheat oven to 350 °F. In the bowl of a standing mixer, beat cream cheese until smooth; beat in mayonnaise, milk, sugar, vinegar and aioli mix until evenly combined. Stir in cheese.
2. In a frying pan, brown beef with seasoning over medium-high heat, 5 min. Use **Ground Meat Separator** to break up meat.
3. Add meat to cheese mixture; stir to mix. Place in a baking dish that holds 4 cups (1 L). Bake until bubbly, about 12–15 min. Sprinkle with tomatoes and toppings, if desired. Serve with veggies and pita chips, if desired.

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

**TIPS:** Make it vegetarian: swap beef for veggie ground round or canned lentils.

Prepare dip ahead. Cover and refrigerate up to 3 days before serving, or freeze up to 1 month. Defrost before baking.

**PER SERVING** (2 tbsp): Calories 100, Fat 7 g (Saturated 3 g, Trans 0 g), Cholesterol 20 mg, Sodium 130 mg, Carbohydrate 2 g (Fibre 0 g, Sugars 2 g), Protein 6 g.



\$ per serving \$2.02 CA/\$1.62 US  
DONAIR SCRAMBLED EGGS



\$ per serving \$3.75 CA/\$3.19 US  
DONAIR POWER BOWL



\$ per serving \$3.55 CA/\$3.02 US  
SIZZLIN' STEAK TACOS

Try these alternative recipes using **Donair Seasoning**



# Baked Mac & Cheese Bites

25 min | 6 servings | \$1.74 CA/\$1.48 US per serving

A twist on a kid's classic that kids will want to eat for lunch—guaranteed!

## INGREDIENTS

2 cups uncooked macaroni noodles  
1 pkg **Mac & Cheese Seasoning**  
1 egg  
2 cups grated cheddar cheese  
½ cup milk, your choice  
2 tbsp unsalted butter

## INSTRUCTIONS

1. Preheat oven to 425° F. Place two Muffin Makers on **Sheet Pan**.
2. In **Multipurpose Pot** set over high heat, boil pasta until tender, about 6–8 min. Drain. Add seasoning, egg, cheese, milk, and butter. Stir until evenly mixed.
3. Spoon into muffin cups—they will be full. Bake at least 12 min or until tops are golden.
4. Serve warm or, if making ahead, let cool before removing from cups.

**PERFECTLY BALANCE YOUR PLATE:** Serve with ½ pita and 1 cup fruits or veggies.

**TIPS:** Customize your Mac & Cheese Bites your way! Stir in veggies, prepared protein, or extra seasonings of your choice before baking. Swap out different cheeses, such as Tex-Mex or Pepper Jack pre-seasoned cheese blends.

Recipe makes enough for six lunches (2 per lunch). Wrap bites individually and refrigerate for up to 4 days.

Omit the egg and stir in an extra cup of cheese or 2 tbsp chia seeds before baking. Let cool completely before removing from cups and serve cool.

**PER SERVING (2 bites):** Calories 380, Fat 20 g (Saturated 12 g, Trans 0.2 g), Cholesterol 100 mg, Sodium 470 mg, Carbohydrate 30 g (Fibre 2 g, Sugars 4 g), Protein 18 g.



\$ per serving \$4.03 CA/\$3.43 US  
SALMON FLORENTINE MAC & CHEESE



\$ per serving \$3.33 CA/\$2.83 US  
QUESO ROSÉ PASTA



\$ per serving \$1.12 CA/\$0.95 US  
STEAMER MAC & CHEESE

Try these alternative recipes  
using **Mac & Cheese Seasoning**



# Instant Pot™ Pad Thai Chicken & Rice

25 min | 4 servings | \$3.23 CA/\$2.75 US per serving

## INGREDIENTS

- 1 pkg **Pad Thai Seasoning**
- 1¼ cups water
- 3 tbsp soy sauce, preferably low-sodium
- 1 tbsp unsalted natural peanut butter or seed butter
- 1 tbsp Sriracha or your favourite hot sauce, optional
- 1 cup white rice
- 1 lb (450 g) boneless, skinless chicken, about 2 breasts
- 2 bell peppers
- 1 large carrot

**Toppings** (optional): sliced green onions, chopped basil or cilantro, fresh lime wedges, chopped almonds or peanuts

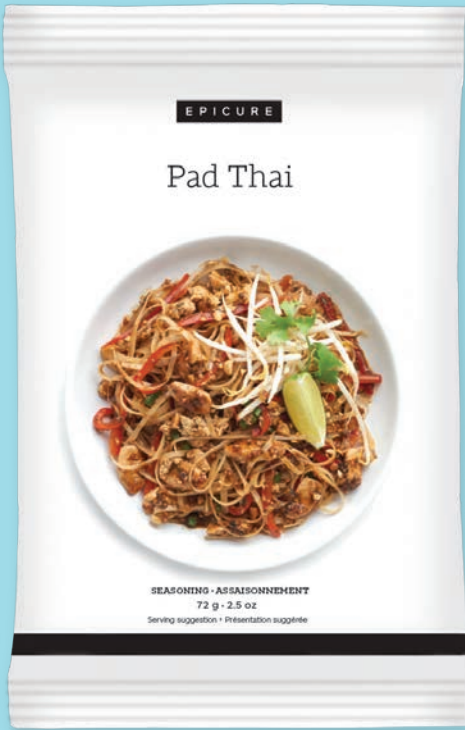
## INSTRUCTIONS

1. In the bottom of a 5 quart Instant Pot™, stir together seasoning, water, soy sauce, peanut butter and sriracha, if using. It's OK if the peanut butter is lumpy. Add rice.
2. Chop chicken into small pieces. Coarsely chop peppers. Cut carrot in half lengthwise; then crosswise into half-moon shaped pieces. Add all to pot; stir to mix.
3. Secure lid; press 'MANUAL' button, select "HIGH", and set the time to 12 min. Ensure the steam release handle is in the "SEALING" position.
4. When the cook time has finished, turn to "KEEP WARM" and let pressure release naturally for 8 min.
5. Stir to mix; spoon into bowls and add topping, as desired.

**PERFECTLY BALANCE YOUR PLATE:** Serve with 2 cups leafy green salad with 1 tbsp **Epicure Dressing**.

**TIP:** Go meatless and replace chicken with 2 cans (19 oz/540 ml each) drained and rinsed chickpeas.

**PER SERVING:** Calories 410, Fat 5 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 530 mg, Carbohydrate 59 g (Fibre 4 g, Sugars 12 g), Protein 30 g.



\$ per serving \$4.37 CA/\$3.71 US  
SHRIMP & VEGGIE SKEWERS



\$ per serving \$3.28 CA/\$2.59 US  
THAI CHICKEN BROIL



\$ per serving \$4.89 CA/\$3.86 US  
PAD THAI BRINNER BOWL



Try these alternative recipes  
using **Pad Thai Seasoning**

# Pecan Pie Tarts

30 min | Makes 18 mini tarts | \$0.68 CA/\$0.58 US per serving



Easily turn **True North Butter Tart Mix** into pecan pie bites!

## INGREDIENTS

18 frozen mini tart shells  
¼ cup unsalted butter  
1 pkg **True North Butter Tart Mix**  
¼ cup warm water  
28 pecan halves  
2 tbsp miniature chocolate chips

## INSTRUCTIONS

1. Preheat oven to 375° F. Place tart shells on **Sheet Pan**. Bake 10–12 min, or until golden.
1. Meanwhile, melt butter in the microwave, about 30 sec. In a bowl, whisk melted butter with mix and warm water until well combined.
1. Roughly chop ten pecan halves, you should have about 2 tbsp. Stir in chopped pecans and chocolate chips.
1. Divide filling into cooled tart shells. Top each tart with one pecan half. Bake 10 min or until filling is lightly browned and bubbling. Filling will thicken as it cools; cool completely before serving.

PER SERVING (1 tart): Calories 140, Fat 8 g (Saturated 3 g, Trans 0.1 g), Cholesterol 5 mg, Sodium 90 mg, Carbohydrate 15 g (Fibre 1 g, Sugars 8 g), Protein 1 g.



\$ per serving \$0.25 CA/\$0.21 US  
BUTTER TART BARS



\$ per serving \$0.60 CA/\$0.51 US  
TRUE NORTH BUTTER TARTS

Try these alternative recipes using **True North Butter Tart Mix**