



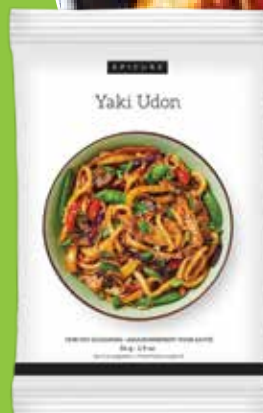
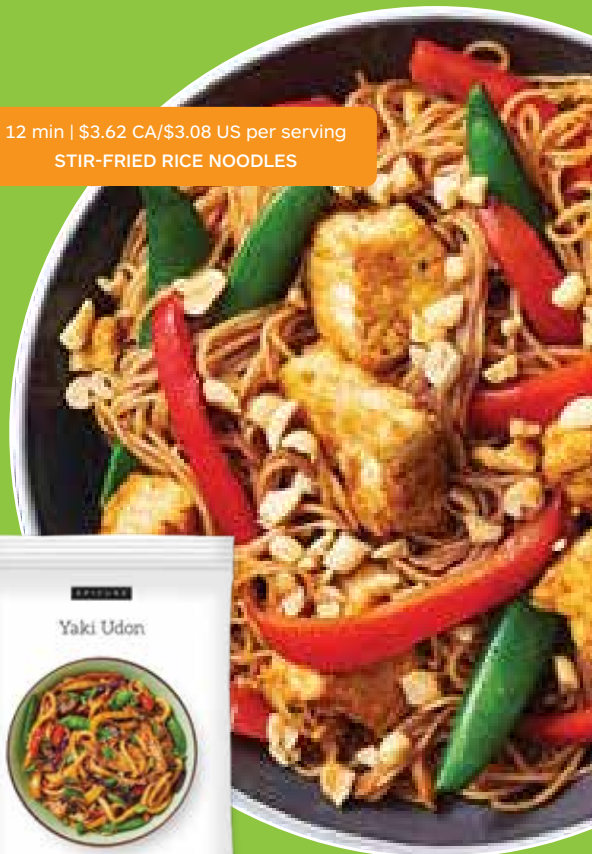
Ready the Grill! Celebrate Dad with Sizzlin' BBQ Faves

The June Epic Box lets you celebrate Dad (or that VIP friend) with sizzlin' BBQ faves using flavours you never imagined would go on the grill. Don't be fooled by a name – these seasonings love grilling 'n chillin on the patio.

20 min | \$3.13 CA/\$2.66 US per serving
DYNAMO GRILLED STEAK & VEGGIES



12 min | \$3.62 CA/\$3.08 US per serving
STIR-FRIED RICE NOODLES



June Epic Box Contents

Elevate your grilling game and surprise Dad with these BBQ faves.



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Rotisserie Chicken

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Smokin' BBQ BBQ fumé



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Taco

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Yaki Udon



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Steak & Slaw Sandwich

20 min | 4 servings | \$2.26 CA/\$1.92 US per serving



INGREDIENTS

1 lb (450 g) grilling steak, such as top sirloin, about ½ to 1" thick
1 tsp oil
1 tbsp **Montreal Steak Rub**
¼ cup 2% plain Greek yogurt
2 tbsp mayonnaise
1 tbsp cider vinegar
2 cups shredded coleslaw mix
Sea Salt, to taste
Black Pepper, to taste
1 large field or heirloom tomato
4 lettuce leaves
4 hamburger or brioche buns, split and toasted

INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Coat both sides of the steak in oil; rub ½ tbsp rub on each side. Let stand to marinate while preparing remaining ingredients.
3. In a large bowl, whisk together yogurt, mayonnaise, and vinegar. Add coleslaw. Toss to coat; taste, season with salt and pepper. Set aside.
4. Place steak on grill; close lid and grill to desired doneness, about 3 min per side for medium rare. Remove to a cutting board, let steak rest about 2–3 min before slicing. Thinly slice steak against the grain.
5. Slice tomato; arrange on bottom buns with lettuce leaves. Add steak and top with coleslaw. Cover with top bun.

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

TIP: Toast the buns on the grill. Place cut-side down on the grill until toasted, about 15–30 seconds.

PER SERVING: Calories 370, Fat 14 g (Saturated 3 g, Trans 0 g), Cholesterol 65 mg, Sodium 430 mg, Carbohydrate 30 g (Fibre 3 g, Sugars 5 g), Protein 29 g.



12 min | \$2.22 CA/\$1.89 US per serving
CRISPY GARLIC-PEPPER TILAPIA



20 min | \$4.53 CA/\$3.58 US per serving
TERIYAKI CHICKEN KEBABS

20 min | \$2.38 CA/\$2.02 US per serving
SIRLOIN AND MUSHROOM BURGERS



Try these alternative recipes
using **Montreal Steak Rub**

Butter Chicken Nachos

30 min | 8 servings | \$2.84 CA/\$2.24 US per serving



INGREDIENTS

BUTTER CHICKEN

- 1 large onion
- 1 tbsp butter
- 1 pkg **Butter Chicken Seasoning**
- 1 can (14 oz/398 ml) light coconut milk
- ½ cup crushed tomatoes
- 2 lbs (900 g) boneless, skinless chicken breasts, cubed
- ½ cup plain 2% Greek yogurt

NACHOS

- 1 bag (11 oz/340 g) tortilla chips
- ¾ cup grated mozzarella cheese
- ½ tbsp **Roasted Garlic Aioli Mix**
- ½ cup light mayonnaise
- ½ tsp lemon juice, optional
- 2 tbsp milk or water, optional
- 2 cups baby spinach

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup sliced veggies, your choice.

TIP: Make it veggie and swap chicken for chickpeas when preparing **Butter Chicken**.

PER SERVING: Calories 470, Fat 22 g (Saturated 7 g, Trans 0 g), Cholesterol 80 mg, Sodium 450 mg, Carbohydrate 34 g (Fibre 2 g, Sugars 3 g), Protein 33 g.

INSTRUCTIONS

1. Preheat oven to 375° F.
2. Dice onion. Place in **Multipurpose** or **Round Steamer** with butter and seasoning. Cover; microwave on high 2 min.
3. Stir in coconut milk, tomatoes, and chicken. Cover; microwave on high 6–8 min or until chicken is cooked through. Remove from microwave and stir in yogurt.
4. Arrange chips on **Sheet Pan** lined with **Sheet Pan Liner**. Layer chips with warm butter chicken. Top with cheese.
5. Bake until cheese is melted, about 8–10 min.
6. Meanwhile, in a bowl, whisk together aioli mix and mayonnaise, and add lemon juice, if desired. Combine aioli with milk to thin, if desired.
7. Top warm nachos with spinach; drizzle with aioli.



20 min | \$5.54 CA/\$4.71 US per serving
SHRIMP & QUINOA BOWL



30 min | \$3.36 CA/\$2.86 US per serving
BUTTER CHICKEN CAULIFLOWER SANDWICH



20 min | \$2.88 CA/\$2.45 US per serving
BUTTER CHICKEN BURGER

Try these alternative recipes
using **Butter Chicken Seasoning**

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California Chicken Caesar Sandwich

40 min | 4 servings | \$2.48 CA/\$2.11 US per serving



INGREDIENTS

3 lb (1.36 kg) whole chicken
1 pkg **Rotisserie Chicken Seasoning**
¼ cup olive oil
¼ cup milk, your choice
2 tbsp **Caesar Dressing Mix**
2 tbsp 2% plain Greek yogurt
or mayonnaise
1 tbsp lemon juice
½ avocado
4 medium-sized panini buns or
chopped baguette
2 cups chopped romaine lettuce
Better Than Bacon Topper, to taste
Topping (optional): grated
parmesan
cheese

INSTRUCTIONS

1. Place chicken in **Round Steamer**, breast-side down. Shake on half of the seasoning and rub over meat. Turn chicken over, breast side up, and rub remaining seasoning all over to evenly coat.
2. Cover; microwave on high for 20 min. To test for doneness, insert an instant read thermometer into thickest part of the meat (all the way to the middle, not touching any bone). It should register at 180° F.
3. Let cool and shred chicken.
4. In a bowl, whisk oil, milk, dressing mix, yogurt, and lemon juice. If making ahead, cover and refrigerate up to five days.
5. In a bowl, combine ½ cup dressing and 2 cups cooled and shredded chicken.
6. Slice avocado. Slice buns open and toast, if desired.
7. Fill each bun with lettuce, chicken, avocado, and topper. Drizzle with more dressing and top with parmesan cheese, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup sliced veggies, your choice.

PER SERVING (1 sandwich with 2 tbsp dressing): Calories 410, Fat 23 g (Saturated 4.5 g, Trans 0 g), Cholesterol 40 mg, Sodium 320 mg, Carbohydrate 32 g (Fibre 4 g, Sugars 4 g), Protein 19 g.



20 min | \$3.95 CA/\$3.36 US per serving
MARGARITA CHICKEN QUESADILLA



10 min | \$3.68 CA/\$3.13 US per serving
ROTISSERIE CHICKEN CAESAR SALAD DINNER



20 min | \$3.49 CA/\$2.97 US per serving
GRILLED CHICKEN & ZUCCHINI SKEWERS

Try these alternative recipes using **Rotisserie Chicken Seasoning**

Smokin' BBQ Pork Chops

20 min | 4 servings | \$3.03 CA/\$2.58 US per serving



INGREDIENTS

½ pkg **Smokin' BBQ Sauce Mix**,
about ¼ cup

3 tbsp oil, divided

1 tbsp apple cider vinegar

4 bone-in, centre-cut pork loin
chops, about 1 lb (450 g)

1 red onion

1 red bell pepper

Sea Salt, to taste

Black Pepper, to taste

Toppings (optional): prepared
Smokin' BBQ Sauce, chopped
fresh parsley or cilantro

INSTRUCTIONS

1. In a large bowl, combine mix with 2 tbsp oil and vinegar. Add pork chops; evenly coat with sauce. If you have extra time, refrigerate and marinate for 15 min or overnight.
2. Preheat grill to medium-high heat.
3. Cut onion into thick rings. Cut pepper into thick, chunky pieces.
4. Place a **Sheet Pan Liner** on a **Sheet Pan**. Add cut veggies; drizzle with remaining 1 tbsp oil and season with salt and pepper. Push to one half of the pan, add chops, and head to the grill.
5. Add chops, peppers, and onion (remove Sheet Pan Liner) to preheated grill. Sear chops, 2 min per side, then reduce heat to medium. Flip pork and veggies often until pork is cooked through and veggies are lightly charred, about 8–10 min. Remove food when cooked and place on Sheet Pan. Add toppings, as desired.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup veggies and 1 cup grilled corn or potatoes.

TIP: Make use of the **Sheet Pan** and **Sheet Pan Liner** when heading to the grill. Place uncooked meat or veggies on the liner; remove liner once food hits the grill and then use the **Sheet Pan** as a clean, food-safe tray to bring cooked food back inside or to the table.

PER SERVING: Calories 290, Fat 20 g (Saturated 4 g, Trans 0.1 g), Cholesterol 55 mg, Sodium 260 mg, Carbohydrate 9 g (Fibre 1 g, Sugars 5 g), Protein 20 g.



20 min | \$2.14 CA/\$1.82 US per serving
BANH MI INSPIRED BBQ VEGGIE BOWL



20 min | \$3.13 CA/\$2.66 US per serving
DYNAMO GRILLED STEAK & VEGGIES



20 min | \$3.43 CA/\$2.92 US per serving
BBQ BOMB CHICKEN SKEWERS

Try these alternative recipes using **Smokin' BBQ Sauce Mix**

Turkey Taco Burgers

20 min | 6 servings | \$2.17 CA/\$1.71 US per serving



INGREDIENTS

1 cup fresh breadcrumbs
2/3 cup prepared **Nourish Broth**, cooled
1½ lbs (675 g) ground turkey or chicken
1 pkg **Taco Seasoning**
1 tsp oil
6 whole wheat buns
Toppings (optional): grated cheese, sliced tomato, shredded lettuce, zucchini ribbons, sliced radish, pickled red onion rings, pickled jalapenos, lime, salsa, or **Guacamole**

INSTRUCTIONS

1. In a large bowl, combine breadcrumbs with broth; let stand 5 min to absorb.
2. Crumble in turkey and add seasoning. Using your hands, mix just until combined.
3. Wet hands to prevent sticking and form mixture into 6 patties.
4. Heat oil in a **Sauté Pan** over medium heat. Working in batches, pan-fry patties for approximately 5 min per side, until brown on the outside and cooked through.
5. Place on bottom halves of buns. Add toppings and top of buns.

PERFECTLY BALANCE YOUR PLATE: Serve with 3 tbsp prepared **Guacamole** and 1 cup veggies.

TIP: Fire up the grill and barbecue your burgers! Grill over medium-high heat, about 5 min per side.

PER SERVING: Calories 330, Fat 6 g (Saturated 2 g, Trans 0 g), Cholesterol 45 mg, Sodium 310 mg, Carbohydrate 38 g (Fibre 1 g, Sugars 6 g), Protein 36 g.



18 min | \$3.74 CA/\$3.18 US per serving
TACO PASTA SALAD



20 min | \$3.18 CA/\$2.51 US per serving
TACO SPICED QUINOA



20 min | \$2.31 CA/\$1.82 US per serving
BEEF CHILI TACOS

Try these alternative recipes using **Taco Seasoning**

Hawaii High-5 Ribs

1 hr 20 min | 8 servings | \$4.27 CA/\$3.50 US per serving



The sweetness of honey and pineapple with savoury Hawaii High-5 Marinade makes this recipe one to be remembered.

INGREDIENTS

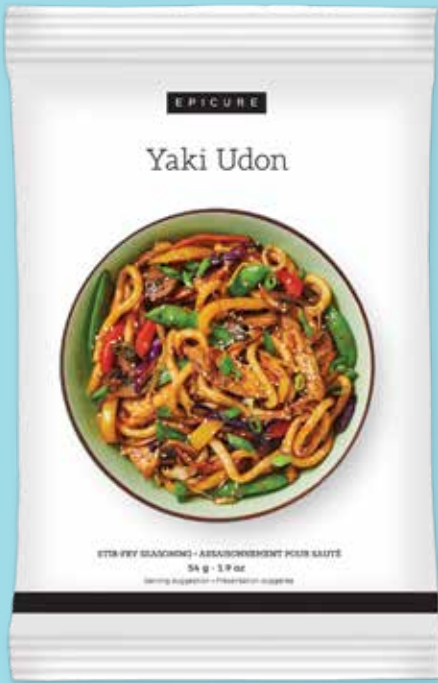
- 1 can (8 oz/277 ml) crushed pineapple
- 1/3 cup low-sodium soy sauce
- 1/4 cup honey
- 1/4 cup balsamic vinegar
- 2 tbsp **Yaki Udon Stir-Fry Seasoning**
- 4 lbs (1.8 kg) spareribs

INSTRUCTIONS

1. Blend pineapple, soy sauce, honey, vinegar, and seasoning in a food processor or blender. Use the same day or refrigerate up to 5 days.
2. Cut ribs into serving-sized portions. Place in pasta pot. Add half of the marinade and enough cold water to just cover ribs.
3. Bring to a boil, then reduce heat. Cover and simmer for about 1 hour, until ribs are tender.
4. Drain, then coat ribs with half of the remaining marinade. If making ahead, cover and refrigerate overnight.
5. Preheat grill to medium.
6. Grill ribs, turning often for 6–8 minutes, until lightly charred. Toss with remaining marinade, or serve it as a side sauce.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup veggies and a whole-grain dinner roll.

PER SERVING: Calories 320, Fat 25 g (Saturated 9 g, Trans 0 g), Cholesterol 85 mg, Sodium 135 mg, Carbohydrate 0 g (Fibre 0 g, Sugars 0 g), Protein 23 g.



20 min | \$3.20 CA/\$2.72 US per serving
STEAK DONBURI



12 min | \$3.62 CA/\$3.08 US per serving
STIR-FRIED RICE NOODLES



20 min | \$4.15 CA/\$3.53 US per serving
HOT POT UDON SOUP

Try these alternative recipes using **Yaki Udon Stir Fry Seasoning**

Mexican Chocolate Pudding

15 min | 4 servings | \$1.90 CA/\$1.48 US per serving



A Mexican twist on a comfort food classic – chocolate pudding!

INGREDIENTS

1 pkg **Chocolate Instant Pudding Mix**

2 cups cold milk

1 tsp **Cinnamon**

1 tsp **Chipotle Aioli Mix**

½ tsp vanilla extract

Toppings (optional): berries, plain 2% Greek yogurt, mint leaves

INSTRUCTIONS

1. In a mixing bowl, combine pudding mix with milk, cinnamon, aioli mix, and vanilla.
2. Whisk or beat with an electric mixer on low setting for 2 minutes.
3. Pour into serving dishes. Cover and refrigerate at least 10 minutes before serving.
4. Serve with toppings, if desired.

PER SERVING: Calories 160, Fat 2.5 g (Saturated 1 g, Trans 0 g), Cholesterol 5 mg, Sodium 125 mg, Carbohydrate 31 g (Fibre 2 g, Sugars 20 g), Protein 5 g.



2 hr 8 min (includes 2 hr freezing time)
\$0.77 CA/\$0.65 US per serving
CHOCOLATE YOGURT PUDDING POPS



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



10 min | \$1.59 CA/\$1.35 US per serving
BERRY DESSERT BOWL

Try these alternative recipes
using **Chocolate Instant
Pudding Mix**