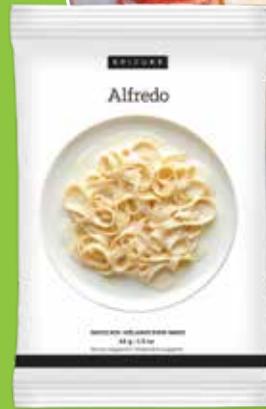




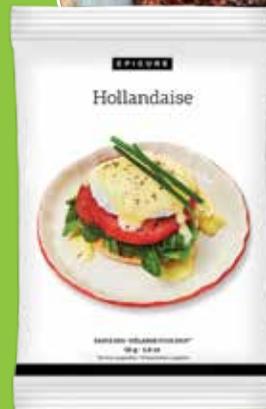
Made
with Love:
**Make
Mother's
Day
Extra
Special**

Our May Epic Box is made with Love. Treat Mom, grandma, or that fantastic friend to a beautiful breakfast, dinner, or dessert. Best part? You don't need ninja cooking skills!

\$ per serving \$2.16 CA/\$1.84 US
SEAFOOD ALFREDO

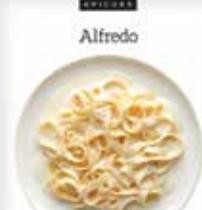


\$ per serving \$5.21 CA/\$4.43 US
SURF & TURF SHEET PAN DINNER FOR TWO



May Epic Box Contents

This month's Epic Box features comforting meals that are delicious and will save you time!

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Lemon Stuffed Sole

20 min | 4 servings | \$3.58 CA/\$3.04 US per serving



Fish with lemon is a classic combo. Add cream cheese and a full serving of veggies to the mix, and you've got a crowd pleaser! Plus, fish is high in omega-3s, so you're also boosting your heart and brain health.

INGREDIENTS

400 g (14 oz) frozen sole fillets, thawed
½ brick (8 oz/250 g) cream cheese, room temperature
½ pkg **Lemon Garlic Chicken Seasoning**, divided
2 cups cherry tomatoes
3 cups mixed frozen vegetables
2 tbsp olive oil
Toppings (optional): ½ lemon

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. In a medium bowl, combine cream cheese with 1 tbsp seasoning.
3. Lay fillets on pan; gently pat dry with paper towel or clean cloth to remove excess moisture. Spread cream cheese mixture over each fillet, then roll into pinwheels.
4. Arrange cherry tomatoes and frozen veggies on pan; drizzle with olive oil and sprinkle with remaining seasoning.
5. Bake 16 min, or until fish is cooked through and veggies are tender. Squeeze lemon juice over top, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with ½ cup cooked white rice.

PER SERVING: Calories 360, Fat 19 g (Saturated 7 g, Trans 0 g), Cholesterol 70 mg, Sodium 520 mg, Carbohydrate 32 g (Fibre 6 g, Sugars 10 g), Protein 18 g.



\$ per serving \$2.35 CA/\$2.00 US
LEMON GARLIC CHICKEN



\$ per serving \$3.90 CA/\$3.32 US
NEW YORK CHICKEN SANDWICHES

Try these alternative recipes using **Lemon Garlic Chicken Seasoning**

Florentine Style Chicken Alfredo

20 min | 4 servings | \$3.78 CA/\$3.21 US per serving



INGREDIENTS

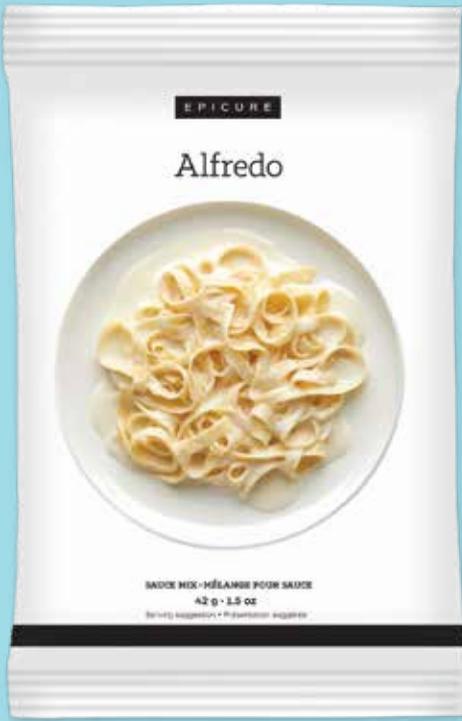
1 lb (450 g) boneless, skinless chicken breasts, about 2
Sea salt, to taste
Black pepper, to taste
4 tsp oil, divided
2 cups sliced mushrooms
1 pkg **Alfredo Sauce Mix**
1½ cups milk, your choice
4 cups baby spinach or kale

INSTRUCTIONS

1. To thinly slice chicken, place one hand on one breast and press down firmly. Curve fingers up slightly for safety. Carefully slice meat horizontally. Repeat with remaining chicken. You should have four pieces in total. Season with salt and pepper.
2. Heat 2 tsp oil in a large sauté pan over medium-high heat. Add chicken to pan; cook 4–5 min per side until golden brown and cooked through. Place on a plate; cover to keep warm.
3. In the same pan (don't wash), add remaining 2 tsp oil. Add mushrooms. Sauté until lightly brown, 3–5 min.
4. Reduce heat to medium. Add sauce mix and milk. Stirring constantly, bring to a boil. Reduce heat and simmer until thickened, 2 min. Gradually stir in spinach until wilted. Return chicken to pan, spooning sauce on top.

PERFECTLY BALANCE YOUR PLATE: Serve with 2 cups mixed greens, 1 tbsp favourite **Epicure Dressing**, and ½ cup pasta, your choice.

PER SERVING: Calories 270, Fat 11 g (Saturated 3.5 g, Trans 0.2 g), Cholesterol 75 mg, Sodium 360 mg, Carbohydrate 12 g (Fibre 2 g, Sugars 2 g), Protein 30 g.



\$ per serving \$3.05 CA/\$2.59 US
ASPARAGUS ALFREDO PENNE



\$ per serving \$2.38 CA/\$2.02 US
SPINACH ARTICHOKE ALFREDO PIZZA



\$ per serving \$2.16 CA/\$1.84 US
SEAFOOD ALFREDO



Try these alternative recipes
using **Alfredo Sauce Mix**

Fish with Creamy Pesto Sauce

20 min | 4 servings | \$3.93 CA/\$3.34 US per serving



INGREDIENTS

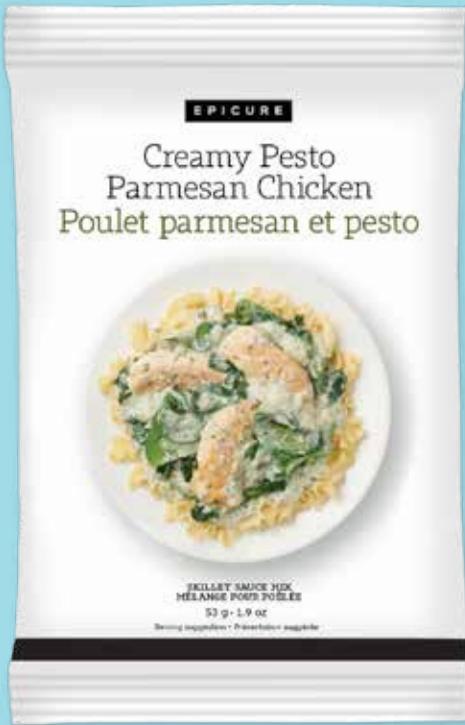
2 tsp oil
4 (4 oz/113 g each) white fish fillets, skinless, such as cod, haddock, or tilapia
1½ cups milk, your choice
1 pkg **Creamy Pesto Parmesan Chicken Skillet Sauce Mix**
½ zucchini
½ pint cherry tomatoes
Sea salt, to taste
Black pepper, to taste

INSTRUCTIONS

1. In a large non-stick fry pan or skillet, heat oil over medium-high. Add fish, cooking 2–3 min per side. Fish should be slightly undercooked at this point. Place on plate; cover to keep warm.
2. In same pan (don't discard any liquid from the fish), whisk together milk and seasoning. Reduce heat to medium, stirring occasionally, until sauce thickens, about 3 min.
3. Gently place fish back into pan. Let simmer 2 min to finish cooking through. Fish should flake easily.
4. Meanwhile, fit the **4-in-1 Mandoline** with the 1.5 mm slicer plate and slice zucchini thinly. Slice tomatoes in half. Scatter veggies on top of fish. Season to taste and serve.

PERFECTLY BALANCE YOUR PLATE: Serve with 2 cups leafy greens, 1 tbsp **Epicure Dressing**, and ½ cup rice or pasta.

PER SERVING: Calories 230, Fat 7 g (Saturated 3 g, Trans 0.1 g), Cholesterol 60 mg, Sodium 260 mg, Carbohydrate 12 g (Fibre 1 g, Sugars 2 g), Protein 27 g.



\$ per serving \$3.31 CA/\$2.81 US
CREAMY PESTO PARMESAN CHICKEN



\$ per serving \$3.15 CA/\$2.68 US
PARMESAN PESTO WHITE BEAN & KALE SOUP

Try these alternative recipes using
Creamy Pesto Parmesan Chicken Skillet Sauce Mix

7-Minute Veggie Omelet

7 min | 1 serving | \$2.50 CA/\$2.13 US per serving



Eggs love veggies! Omelets are a simple way to introduce a new, meatless meal for breakfast or dinner. FYI, “CCB” is short for “Cheese, Chives, and Bacon”. The twist here is vegetarian bacon—made from pinto beans.

INGREDIENTS

- ½ small zucchini
- ½ cup sliced mushrooms
- 2 eggs
- 2 tbsp milk
- 1 tbsp **CCB Dip Mix**
- ¼ cup baby spinach
- 1 tbsp prepared **Hollandaise Sauce**
- Topping** (optional): black pepper

INSTRUCTIONS

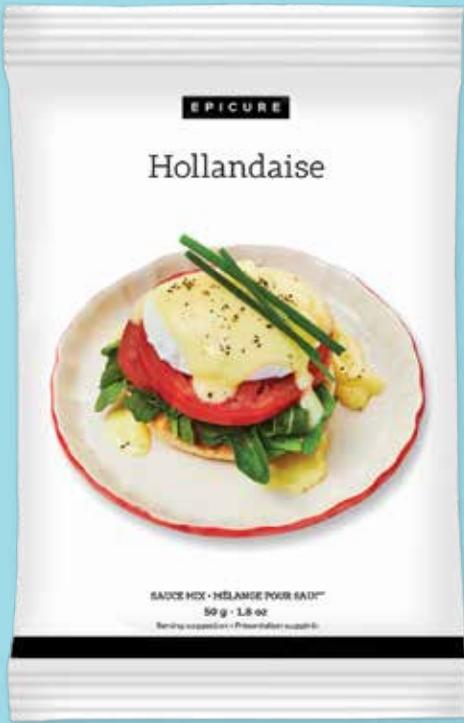
1. Dice zucchini and chop mushrooms into smaller pieces.
2. In a small bowl, whisk eggs, milk, and dip mix until frothy. Stir in diced zucchini, mushrooms, and spinach.
3. Pour into lightly oiled **Omelet Maker** (it will be full!). Close lid and microwave on high for 4–5 min, or until eggs are cooked.
4. Loosen omelet with a spatula and carefully transfer onto a plate. Top with prepared sauce and black pepper, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with 2 slices of lightly buttered toast.

TIPS: No omelet maker? Add 2 more eggs to the recipe above, then pour into **Rectangular Steamer**. Cover; microwave on high until eggs are set, 4–5 min.

Prepare Hollandaise Sauce the night before. Reheat in the microwave until warm, whisking every 30 seconds. Leftover sauce can be used on eggs, salmon, steaks, veggies like broccoli and asparagus, and even sandwiches!

PER SERVING: Calories 260, Fat 16 g (Saturated 6 g, Trans 0.1 g), Cholesterol 385 mg, Sodium 240 mg, Carbohydrate 12 g (Fibre 2 g, Sugars 5 g), Protein 17 g.



\$ per serving \$3.80 CA/\$3.23 US
BAGEL BENNIES



\$ per serving \$0.95 CA/\$0.81 US
GRILLED POTATO PACKETS



\$ per serving \$5.21 CA/\$4.43 US
SURF & TURF SHEET PAN DINNER FOR TWO



Try these alternative recipes
using **Hollandaise Sauce Mix**

Pink Scones

25 min | 8 servings | \$1.03 CA/\$0.88 US per serving



INGREDIENTS

- 1 egg
- ⅓ cup milk, your choice
- ½ cup unsalted butter, cold
- 1 pkg **Quick Biscuit Mix**
- ½ cup frozen strawberries
- Toppings** (optional): pink icing glaze (see Tip)

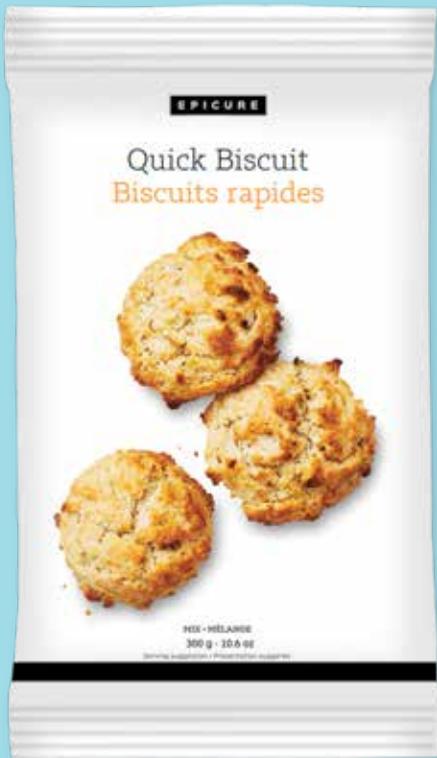
INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. In a small bowl, whisk egg with milk. Set aside.
3. Cube butter and place in a large bowl with biscuit mix. Using a fork or pastry blender, cut butter until it's the size of small peas. Add egg mixture and stir until a dough forms.
4. Place strawberries in **Prep Bowl**. Microwave, uncovered, 1 min or until hot. Mash until liquid and stir into batter until evenly mixed.
5. Gently knead dough to form a ball; press out into 8" circle. Using a sharp knife, cut into 8 wedges. Use spatula to carefully transfer wedges to pan. Bake 17 min, or until golden.
6. If desired, pipe pink icing glaze on warm scones.

TIPS: No make pink icing glaze, microwave 2 tbsp frozen strawberries in **Prep Bowl** on high for 30 sec; mash berries. In **4-Cup Prep Bowl**, whisk ½ cup powdered sugar with ½ tbsp each milk and mashed strawberries. Transfer to piping bag or plastic bag with one corner snipped. Pipe onto cooled scones.

Don't like strawberries? Frozen raspberries, cherries, or cranberries will work, too! This might affect the moisture content, so adjust with milk as necessary.

PER SERVING: Calories 250, Fat 13 g (Saturated 8 g, Trans 0.5 g), Cholesterol 55 mg, Sodium 330 mg, Carbohydrate 31 g (Fibre 2 g, Sugars 4 g), Protein 3 g.



\$ per serving \$0.87 CA/\$0.74 US
QUICK BISCUITS



\$ per serving \$1.15 CA/\$0.98 US
KAILYN'S PEACH SURPRISE



\$ per serving \$1.18 CA/\$0.87 US
STRAWBERRY SHORTCUT CAKE

Try these alternative recipes
using **Quick Biscuit Mix**

[Back to Home](#)

Ginger-Lemon Mousse

1 hr 50 min (includes 1 hr 30 min chilling) | 4 servings | \$0.85 CA/\$0.72 US per serving



INGREDIENTS

- 3 eggs
- 1 pkg **Luscious Lemon Curd Mix**
- ½ cup water
- 1 tbsp butter, optional
- 1 cup whipping cream
- ½ tsp vanilla extract
- 2 tbsp crystallized ginger

INSTRUCTIONS

1. In a **4-Cup Prep Bowl**, whisk eggs until foamy. Add mix and water; whisk until well combined.
2. Microwave, uncovered, on high for 2 min, until thickened, whisking halfway through and at the end. If the curd has not thickened after 2 min, cook for additional 30 sec intervals, whisking after each, until desired thickness is achieved.
3. Whisk in butter, if desired.
4. Cover; refrigerate for at least 1 hour, or until cooled.
5. Whip whipping cream cream with vanilla extract until it forms stiff peaks.
6. Fold in ⅔ cup prepared lemon curd and crystallized ginger. Spoon into individual serving glasses. Chill and serve.

PER SERVING: Calories 370, Fat 30 g (Saturated 18 g, Trans 0.2 g), Cholesterol 205 mg, Sodium 85 mg, Carbohydrate 24 g (Fibre 0 g, Sugars 23 g), Protein 4 g.



\$ per serving \$0.83 CA/\$0.71 US
LEMON BERRY PARFAIT



\$ per serving \$1.04 CA/\$0.88 US
LUSCIOUS LEMON ICE CREAM CAKE



\$ per serving \$0.14 CA/\$0.12 US
LUSCIOUS LEMON CURD ICING

Try these alternative recipes using **Luscious Lemon Curd Mix**

Morning Glory Pancakes

20 min | Makes 4 servings | \$1.62 CA/\$1.38 US per serving



Bursting with flavour, and made with real carrot, apple, cranberry, and coconut pieces (no chopping required!). Easy to freeze and reheat in the toaster or microwave.

INGREDIENTS

1 pkg **Morning Glory Muffin Mix**

1 egg

1 cup milk

3 tbsp oil, divided

Toppings (optional): maple syrup, seasonal berries

INSTRUCTIONS

1. In a large bowl, combine muffin mix, egg, milk, and 2 tbsp oil. Let batter rest 3 min (it will continue to thicken). If batter is too thick, add water, 1 tbsp at a time, to adjust consistency.
2. Heat 1 tsp oil in **Sauté Pan** over medium heat.
3. Working in batches and using $\frac{1}{4}$ cup as a guide, scoop 3 pancakes into pan, leaving space between them.
4. Cook 2–5 min. When bubbles appear on top of batter, flip each pancake and cook for additional 1–2 min.
5. Repeat steps 2–4 for two more batches, or until all batter is cooked. Cooking times will vary.
6. Serve with toppings, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with 2 eggs (cooked to your preference) and $\frac{1}{2}$ cup chopped fruit.

TIPS: Make a large batch of pancakes and freeze them. Reheat in the toaster or microwave for a quick and hearty breakfast!

PER SERVING (2 pancakes): Calories 340, Fat 14 g (Saturated 3 g, Trans 0.1 g), Cholesterol 50 mg, Sodium 510 mg, Carbohydrate 47 g (Fibre 2 g, Sugars 15 g), Protein 6 g.



\$ per serving \$0.60 CA/\$0.51 US
MORNING GLORY MUFFINS



\$ per serving \$1.23 CA/\$1.05 US
MORNING GLORY APPLE LOAF



\$ per serving \$0.67 CA/\$0.57 US
BANANA UPSIDE DOWN CAKE

Try these alternative recipes using **Morning Glory Muffin Mix**