



E P I C U R E™

WOK WONDERS

FOR THE WOK WONDERS 5-PACK



WOK WONDERS

DIGITAL RECIPE GUIDE with **BONUS RECIPES**



Wok this way to delicious dinners! No need to go out to a restaurant—you'll have a meal in minutes with these recipes on hand. Choose your fave stir-fry or fried rice recipe and you'll end up with a tasty, colourful, nutrient-dense dish. Pair each meal with the 'Perfectly Balance Your Plate' suggestions and take note of the optional swaps throughout the grocery list. Tonight, you can feel good about saving money and treating your body right with a delicious, home-cooked meal.

COOKWARE

Meal planning and food prep can be easy with the right tools. The **Wok** pairs perfectly with this collection and will help you cook faster, easier, and with minimal cleanup.

WOK & GLASS LID

- Classic Wok with curvy side and generous surface area for stir-frying.
- Hard aluminium body evenly distributes heat.
- Oven-safe to 450° F.
- Durable, non-stick ceramic coating is easy to clean and wear resistant. PFOA and PTFE free.
- Versatility is key—use as a large mixing bowl for baking or as a pot to make soup!

CARE & STORAGE:

- Wash in warm, soapy water before using.
- Do not overheat empty Wok. Cool completely before submerging in water.
- Dishwasher safe.



GROCERY LIST

PRODUCE

- ☐ 5 bell peppers:
 - 2 (General Tao Chicken)
 - 2 large red (Pad Thai)
 - 1 (Yaki Udon)
- ☐ 1 lime (Pad Thai) | *Swap: bottled lime juice*
- ☐ ½ pkg (227 g/8 oz) sugar snap peas (Yaki Udon)
- ☐ 8 cups shredded coleslaw:
 - 4 cups (Chicken Fried Rice)
 - 4 cups (Yaki Udon)
- ☐ 4 cups broccoli florets, fresh or frozen (Beef & Broccoli Stir-Fry)
- ☐ 2 cups bean sprouts (Pad Thai)
Swap: baby spinach
- ☐ 1 cup sliced mushrooms (Yaki Udon)

PANTRY STAPLES

- ☐ Oil:
 - 3 tbsp (General Tao Chicken)
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 2 tbsp (Yaki Udon)
 - 1 tbsp (Chicken Fried Rice)
 - 1 tbsp sesame (Chicken Fried Rice)
 - 1 tbsp (Pad Thai)
- ☐ 2 pkgs (7 oz/200 g each) fresh Udon noodles (Yaki Udon)
- ☐ 1 pkg (14 oz/400 g) rice noodles (Pad Thai)
- ☐ 1 cup uncooked white rice (Chicken Fried Rice)
- ☐ 10 tbsp soy sauce, preferably low sodium:
 - 2 tbsp (Beef & Broccoli Stir-Fry)
 - 2 tbsp (Chicken Fried Rice)
 - 2 tbsp (General Tao Chicken)
 - 2 tbsp (Pad Thai)
 - 2 tbsp (Yaki Udon)
- ☐ ¼ cup corn starch (General Tao Chicken)
- ☐ 2 tbsp ketchup (General Tao Chicken)
- ☐ 2 tbsp roasted peanuts, optional (Pad Thai)

PROTEIN

- ☐ 2 eggs (Pad Thai)
- ☐ 3½ lbs (1.59 kg) boneless, skinless chicken breasts, about 7 breasts | *Swap: chicken thighs or firm tofu*
 - 1 lb/450 g (Chicken Fried Rice)
 - 1 lb/450 g (General Tao Chicken)
 - 1 lb/450 g (Yaki Udon)
 - ½ lb/225 g (Pad Thai) | *Swap: shrimp or chickpeas*
- ☐ 1 lb (450 g) beef strips (Beef & Broccoli Stir-Fry) | *Swap: medium-firm tofu, ground beef, or chicken breast*

PERFECTLY BALANCE YOUR PLATE:

This week, add mixed veggies with additional carrots or cucumber for spiralizing, and extra rice.



BEEF & BROCCOLI STIR-FRY

TIP: Make it vegan and replace beef with 1 lb (450 g) medium-firm tofu, cut into 1" cubes.



TOTAL TIME: 20 min



8 SERVINGS



\$3.65 CA/\$3.10 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup rice.

INGREDIENTS

- 1 pkg **Beef & Broccoli Stir-Fry Seasoning**
- $\frac{3}{4}$ cup water
- 2 tbsp low-sodium soy sauce
- 2 tbsp oil
- 1 lb (450 g) beef strips
- 4 cups broccoli florets, fresh or frozen

NUTRITIONAL INFO

Per serving: Calories 310, Fat 16 g (Saturated 4 g, Trans 0 g), Cholesterol 45 mg, Sodium 360 mg, Carbohydrate 15 g (Fibre 1 g, Sugars 7 g), Protein 30 g

INSTRUCTIONS

1. In a bowl, stir seasoning with water and soy sauce. Set aside.
2. Heat oil in **Wok** over high heat.
3. Add beef; stir-fry until cooked, 3–4 min.
4. Add broccoli to Wok, cover, and steam for 2 min, until broccoli is tender-crisp.
5. Add reserved seasoning mixture; stir-fry, uncovered, until sauce thickens.

CHICKEN FRIED RICE

TIP: Day-old, cold rice works best in this recipe. It helps keep the rice grains crisp. Freshly cooked rice is more likely to be too soft and stick to the Wok.



TOTAL TIME: 20 min



8 SERVINGS



\$3.90 CA/\$3.32 US PER SERVING

INGREDIENTS

- 1 pkg **Chicken Fried Rice Seasoning**
- 2 tbsp low-sodium soy sauce
- 2 tbsp water
- 1 tbsp sesame oil
- 1 tbsp vegetable oil
- 1 lb (450 g) boneless, skinless chicken thighs or breasts
- 3 cups cold, cooked white rice
- 4 cups shredded coleslaw

NUTRITIONAL INFO

Per serving (about 1½ cups): Calories 430, Fat 15 g (Saturated 3 g, Trans 0 g), Cholesterol 75 mg, Sodium 490 mg, Carbohydrate 44 g (Fibre 2 g, Sugars 5 g), Protein 26 g.

INSTRUCTIONS

1. In a small bowl, whisk together seasoning, soy sauce, water, and sesame oil. Set aside.
2. In **Wok**, heat vegetable oil over medium-high heat. Meanwhile, cut chicken into bite-sized pieces.
3. Add chicken to Wok; stir-fry until cooked through, about 5 min.
4. Increase heat to high; add rice. Stir often to break up clumps and heat through, about 5 min.
5. Gradually add coleslaw (Wok will be full). Add reserved seasoning mixture; stir-fry 3 min or until coleslaw is tender-crisp.

GENERAL TAO CHICKEN



TIP: Replace chicken with 1 lb (450 g) firm tofu, cut into cubes.

 **TOTAL TIME:** 20 min

 **8 SERVINGS**

 **\$3.09 CA/\$2.63 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup rice and 1 cup steamed veggies.

INGREDIENTS

- 1 pkg **General Tao Seasoning**
- ¼ cup water
- 2 tbsp soy sauce, preferably low sodium
- 2 tbsp ketchup
- 1 lb (450 g) boneless, skinless chicken breasts, cubed
- ¼ cup corn starch
- 3 tbsp vegetable oil
- 2 bell peppers, chopped

NUTRITIONAL INFO

Per serving: Calories 300, Fat 13 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 440 mg, Carbohydrate 21 g (Fibre 2 g, Sugars 8 g), Protein 25 g.

INSTRUCTIONS

1. In a bowl, whisk together seasoning, water, soy sauce, and ketchup. Set aside.
2. Toss chicken with corn starch.
3. Heat oil in **Wok** over high heat. Stir fry chicken in batches until golden, about 5–8 min.
4. Add peppers to Wok; stir-fry 1–2 minutes. Return chicken to pan. Add sauce, stirring to coat.
5. Serve with rice, if desired.

PAD THAI

MAKE IT VEGETARIAN:
Swap meat for 2 cups chickpeas or ½ lb cubed firm organic tofu.



 **TOTAL TIME:** 15 min

 **4 SERVINGS**

 **\$5.93 CA/\$4.68 US PER SERVING**

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ¼ cup spiralized carrots or cucumber on top.

INGREDIENTS

- 1 pkg **Pad Thai Seasoning**
- ¾ cup hot water
- 2 tbsp soy sauce, preferably low sodium
- 1 tbsp oil
- ½ lb (225 g) bite-sized pieces of boneless, skinless chicken breast, or shrimp, your choice
- 2 cups red bell pepper, sliced
- 2 eggs
- 4 cups cooked rice noodles

GARNISH

- 1 lime, juiced
- 2 cups bean sprouts
- 2 tbsp roasted peanuts, chopped, optional

NUTRITIONAL INFO

Per serving: Calories 430, Fat 9 g (Saturated 1.5 g, Trans 0 g), Cholesterol 155 mg, Sodium 590 mg, Carbohydrate 66 g (Fibre 5 g, Sugars 14 g), Protein 20 g.

INSTRUCTIONS

1. Stir seasoning with hot water and soy sauce; set aside.
2. Heat oil in a **Wok** over medium-high heat.
3. Stir-fry chicken with bell peppers for 3–4 min.
4. Meanwhile, in a small bowl, beat eggs. Add eggs to Wok and stir-fry 2 more min.
5. Add noodles and prepared sauce, tossing to heat through.
6. Serve in individual bowl. Top with lime juice and bean sprouts.
7. Garnish with peanuts, if desired.

YAKI UDON



TIP: Make it vegetarian and swap out chicken for firm tofu.



TOTAL TIME: 20 min



4 SERVINGS



\$4.23 CA/\$3.60 US PER SERVING

Yaki Udon is a Japanese-style stir-fry made with thick and chewy Udon noodles that are ideal for soaking up the rich, soy-based sauce. Look for Udon noodles in the freezer or refrigerator section of most grocery stores.

MAKE IT A PERFECTLY BALANCED PLATE: This is a perfectly balanced plate.

INGREDIENTS

2 pkgs (7 oz/200 g each) fresh Udon noodles
1 lb (450 g) boneless, skinless chicken
1 pkg **Yaki Udon Seasoning**
½ cup hot water
2 tbsp low-sodium soy sauce
2 tbsp oil
1 bell pepper
1 cup sliced mushrooms
½ pkg (227 g/8 oz) sugar snap peas
4 cups shredded coleslaw
Toppings (optional): green onions, sesame seeds, **Poke Bowl Topper**

NUTRITIONAL INFO

Per serving: Calories 470, Fat 15 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 105 mg, Sodium 570 mg, Carbohydrate 56 g (Fibre 4 g, Sugars 9 g), Protein 27 g.

INSTRUCTIONS

1. Cook noodles in **Multipurpose Pot** according to package directions. Drain and rinse well under cold water. Set aside.
2. Thinly slice chicken. Whisk seasoning with hot water and soy sauce.
3. Heat oil in **Wok** over medium-high heat. Add chicken and 2 tbsp of reserved seasoning mixture; stir-fry until cooked through, about 5 min.
4. Meanwhile, slice bell pepper. Add sliced pepper, mushrooms, and peas to pan; cover and cook 3 min.
5. Add prepared noodles, coleslaw, and remaining seasoning mixture to pan. Stir-fry until cabbage is tender-crisp.
6. Add toppings, if desired.

COMFORTING LENTILS & GREENS



 TOTAL TIME: 20 min

 8 SERVINGS

 \$3.46 CA/\$2.94 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with ½ cup rice.

INGREDIENTS

- 1 pkg Beef & Broccoli Stir-Fry Seasoning
- ¾ cup water
- 1 tsp low-sodium soy sauce
- 1 tbsp oil
- 1 bell pepper
- 2 cans (19 oz/540 ml each) lentils
- 8 cups leafy greens such as baby spinach or kale
- Topping (optional): Chili Flakes & Garlic Topper

NUTRITIONAL INFO

Per serving (about 1¾ cups): Calories 330, Fat 4 g (Saturated 0.4 g, Trans 0 g), Cholesterol 0 mg, Sodium 570 mg, Carbohydrate 54 g (Fibre 25 g, Sugars 10 g), Protein 22 g.

INSTRUCTIONS

1. In a bowl, combine seasoning, water, and soy sauce. Set aside.
2. In **Wok**, heat oil over medium-high heat. Dice pepper; add to Wok. Sauté until slightly softened, about 1 min.
3. Drain and rinse lentils; add to Wok. Stir in seasoning mixture. Stir gently to heat lentils through.
4. Reduce heat to medium. Add spinach, a few handfuls at a time, stirring until wilted. Add topping, if desired.

CHICKEN NOODLE STIR-FRY



TOTAL TIME: 15 min



4 SERVINGS



\$4.02 CA/\$3.42 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: This is a perfectly balanced plate.

INGREDIENTS

1½ 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

NUTRITIONAL INFO

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

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.

GENERAL TAO'S TOFU

TIP: This dish isn't particularly saucy—if you prefer a saucier stir-fry, simply add a bit more water or vegetable broth, 1 tbsp at a time, to the sauce once you've added it to the **Wok**.



TOTAL TIME: 20 min



4 SERVINGS



\$3.46 CA/\$2.94 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup cooked rice noodles.

INGREDIENTS

1 pkg **General Tao Seasoning**
 ¼ cup water
 2 tbsp each ketchup and low-sodium soy sauce
 1 block (350 g) extra-firm tofu
 1 tbsp oil, divided
Sea Salt and **Black Pepper**, to taste
 2 cups frozen edamame, thawed
 2 cups snow peas or sugar snap peas
 2 cups baby spinach

NUTRITIONAL INFO

Per serving: Calories 260, Fat 11 g (Saturated 0.3 g, Trans 0 g), Cholesterol 0 mg, Sodium 400 mg, Carbohydrate 25 g (Fibre 7 g, Sugars 11 g), Protein 18 g.

INSTRUCTIONS

1. In a bowl, whisk together seasoning, water, ketchup, and soy sauce. Set aside.
2. Using a paper towel or clean kitchen towel, gently squeeze as much liquid from the tofu as possible. Using a box grater, grate tofu over large holes. It's OK if some of the block crumbles.
3. In **Wok**, heat ½ tbsp oil over medium-high heat. Add half the grated tofu and season with salt and pepper. Stir-fry until crisp and golden, 5 min. Remove from Wok and place in a bowl or on a plate. Heat remaining ½ tbsp oil and repeat process with remaining tofu. Once the second batch of tofu is golden, return first batch of tofu to Wok.
4. Add edamame and snow peas. Stir-fry until snow peas are tender-crisp, 1 min.
5. Turn off the heat, add sauce, and stir gently to coat.
6. Divide between four bowls, top with spinach, and serve with rice noodles, if desired.

PANTRY PAD THAI



TIP: The sauce thickens quickly if not eaten immediately—add more water to thin out, as needed.



TOTAL TIME: 20 min



8 SERVINGS



\$3.10 CA/\$2.64 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: This is a perfectly balanced plate.

INGREDIENTS

½ pkg (14 oz/400 g) rice vermicelli noodles
 8 cups boiling water, or enough to soak noodles
 ¼ cup natural peanut butter, or nut butter alternative
 ½ cup water
 1 tbsp low-sodium soy sauce
 1 pkg **Pad Thai Seasoning**
 ½ lb (225 g) boneless, skinless chicken breast, about 1 breast
 ½ tbsp oil
 4 cups frozen mixed vegetables
 2 eggs
Black Pepper, to taste
Toppings (optional): Chopped peanuts, sliced green onions, lime wedges

NUTRITIONAL INFO

Per serving: Calories 500, Fat 15 g (Saturated 2.5 g, Trans 0 g), Cholesterol 165 mg, Sodium 360 mg, Carbohydrate 67 g (Fibre 5 g, Sugars 13 g), Protein 25 g.

INSTRUCTIONS

1. In a large bowl, combine rice noodles and boiling water. Ensure noodles are completely submerged—add more boiling water as needed. Every couple of minutes, give the noodles a stir to ensure they are evenly cooked. Noodles take approximately 6 min to cook until tender. Drain and rinse noodles under cold water.
2. Meanwhile, in a bowl, whisk together peanut butter, water, soy sauce, and seasoning. Set aside.
3. Cut chicken into bite-sized pieces. In **Wok**, heat oil over medium-high heat. Add chicken and frozen vegetables. Cook about 10 min or until chicken is cooked and vegetables are heated through.
4. In a small bowl, whisk eggs.
5. Reduce heat to low-medium. Add cooked noodles and reserved sauce to Wok. Using tongs, mix well, and loosen noodle strands to avoid having them clump together.
6. Add whisked eggs, stir into noodles very well, and cook, stirring constantly and scraping the bottom of the Wok, about 1 min. Season with pepper to taste, and serve immediately, adding toppings as desired.

STIR-FRIED RICE NOODLES



TOTAL TIME: 12 min



4 SERVINGS



\$3.62 CA/\$3.08 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: This is a perfectly balanced plate.

INGREDIENTS

1 pkg (227 g/8 oz) rice noodles,
such as vermicelli
2 bell peppers
1 pkg (350 g/12 oz) extra-firm tofu
½ cup roasted, unsalted peanuts or
cashews
1 tbsp oil
1 pkg (227 g/8 oz) snap peas
1 pkg **Yaki Udon Stir-Fry Seasoning**
3 tbsp low-sodium soy sauce
Toppings (optional): sriracha hot sauce,
chopped cilantro, lime wedges

NUTRITIONAL INFO

Per serving: Calories 520, Fat 19 g (Saturated 2.5 g,
Trans 0 g), Cholesterol 0 mg, Sodium 470 mg,
Carbohydrate 69 g (Fibre 6 g, Sugars 11 g),
Protein 21 g.

INSTRUCTIONS

1. Cook noodles in **Multipurpose Pot** according to package directions. Drain and rinse with cold water.
2. Meanwhile, slice peppers and crumble tofu into small pieces. Chop peanuts and set aside.
3. Heat oil in **Wok** over medium-high heat. Add sliced peppers, crumbled tofu, and snap peas; cook 4–5 min.
4. Add cooked noodles, chopped peanuts, seasoning, and soy sauce; toss to combine. Add toppings, if desired.