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GOOD ASIAN. REAL FAST.™

Digital Recipe Guide

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Explore delicious, family-friendly Epicure takes on some Asian-inspired meal faves! Use this guide complete with easy-to-use recipes, paired with time-saving cookware, to help you quickly plan healthy meals that will have you go from raw to ready in 20 minutes...without a ton of advance meal prep.

Enjoy versatility and make these meals your way: either follow the recipes on the packs or labels, or use the blends as seasonings to create new flavourful experiences.

Enjoy the right amount in the right combination! All recipes within this guide are Good Food. Real Results.™ friendly—simply follow the prompts to help ensure you have a perfectly portioned, balanced plate:

- ½ plate filled with veggies
- ¼ with complex carbs
- ¼ lean protein
- Healthy fat on top

FYI: Perfect portions are what keeps you feeling full between meals, without the need to snack!



5 WAYS WITH SESAME GINGER DRESSING MIX



Aromatic flavours of ginger, garlic, and sesame seeds. One jar makes 6 cups dressing (label recipe). Use as a dressing or marinade. Use the dry mix as a seasoning for cooking.

1

AVOCADO, BLACK BEAN & CORN SALAD

In a large bowl, combine **1 can (14 oz/398 ml) black beans**, drained and rinsed, with **1 chopped avocado**, and **1 cup corn** (frozen or canned). Drizzle with $\frac{1}{4}$ cup prepared dressing.

2

SESAME GINGER ROASTED CHICKPEAS

Drain, rinse, and pat dry **1 can (14 oz/398 ml) chickpeas**; place in a large bowl. Toss with **3 tbsp prepared dressing** and pinches of **sea salt**. Roast in preheated 400° F oven until crispy, about 20 min.

3

STEAMED SESAME GINGER POTATOES

Place **1½ lbs (675 g) whole, unpeeled baby potatoes** in **Multipurpose Steamer**. Sprinkle with **2 tsp dressing mix**; toss to coat. Cover; microwave on high; stirring halfway through cooking, 8–9 min or until tender. Drizzle with **sesame oil** and pinches of **sea salt**, if desired.

4

SESAME GINGER PEANUT DIPPING SAUCE

In a mini blender or bullet mixer, purée $\frac{1}{2}$ cup **coconut milk** with **2 tbsp natural peanut butter**, **1 tbsp dressing mix**, and a squeeze of **fresh lime juice**, if desired.

5

CITRUS SESAME GINGER MARINADE

Zest peel from **1 lemon** and **1 mandarin**. Measure 1 tsp of each into a bowl. Cut citrus in half, then squeeze in juices. Whisk in **2 tbsp sesame oil**, **1 tbsp soy sauce**, and **1 tbsp dressing mix**. Marinate **beef, chicken, pork** or **fish** before cooking.

5 WAYS WITH CRISPY & CRUNCHY LETTUCE WRAP SEASONING



Top notes of garlic and ginger with subtle heat. One meal solution package makes 4 servings. Make the filling in the microwave or oven.

1

POT STICKERS

Combine seasoning, $\frac{1}{2}$ lb (225 g) ground pork, $\frac{1}{2}$ cup finely chopped baby bok choy, 1 tbsp water, and 1 tsp each sesame oil and soy sauce. Brush edges of one round dumpling wrapper with cold water. Place $\frac{1}{2}$ tbsp of filling in centre; fold wrapper in a half-moon shape. Pinch edges closed. Repeat with remaining filling and wrappers. Arrange half in a non-stick wok. Add $\frac{1}{4}$ cup water and 1 tbsp oil. Cover; cook over medium-high heat for 5 min, stirring occasionally to prevent clumping. Remove lid; fry until golden brown. Repeat with second batch.

2

MINI MEAT PIES

Prepare filling as per label directions. Spoon into pre-baked, warm mini tart shells. Sprinkle with sliced green onion and toasted sesame seeds, if desired.

3

EASY STIR-FRY

Heat oil in a Wok over medium-high heat. Combine 1 lb (450 g) ground meat, your choice, seasoning, and 1 tbsp soy sauce. Add to wok; stir-fry until meat is cooked, about 5 min. Add 4 cups chopped vegetables (your choice). Stir-fry until tender crisp. Serve with rice, if desired.

4

ENDIVE CUPS WITH SHRIMP

Whisk together seasoning, 2 tbsp oil, and 1 tbsp each rice vinegar and soy sauce. Cut 1 pkg (340 g) uncooked, peeled shrimp into bite-sized pieces; add to bowl and stir to mix. Heat oil in a Wok, add shrimp and stir-fry until cooked. Spoon mixture into endive leaves.

5

EGGPLANT & PORK STIR-FRY

Combine 1 lb (450 g) ground pork and seasoning. Cut 3 Chinese eggplants (long skinny ones) into thin strips. In a Wok, heat oil over medium high heat; stir-fry eggplant until soft and skin starts to blister, about 8 min. Add pork; stir-fry until cooked. In a bowl, whisk together 1 cup water, 2 tbsp cornstarch, and $1\frac{1}{2}$ tbsp soy sauce. Pour over eggplant; stir until thickened. Add sliced green onions.

5 WAYS WITH MISO BROTH MIX



Savoury, umami-rich broth with notes of garlic, ginger, and chives. One jar makes 25 cups broth (label recipe). Contains nutritional yeast, an excellent source of vitamin B12.

1

MISO BUTTER POPCORN

Melt **3 tbsp unsalted butter** or coconut oil. Whisk in **1 tsp broth mix**. Drizzle over warm popcorn.

2

GROCERY RAMEN NOODLE BOWL

Add **1 tbsp broth mix** to **2 cups boiling water**. Cook **1 pkg ramen noodles** (discard flavour packet) in broth. Meanwhile, slice **1 cup of your favourite veggies**. Carefully transfer noodles and broth to serving bowl, add veggies and **2 hard-boiled eggs** or **cooked protein** of your choice.

3

MISO TAHINI DRESSING

In a blender, combine **¼ cup water**, **3 tbsp each tahini** and **rice vinegar**, **1 tbsp liquid honey**, and **½ tbsp broth mix**. Blend on high speed until well combined. Thin with water, if needed.

4

SAVOURY MISO OATMEAL

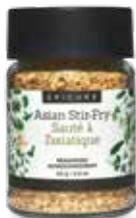
In a **Rectangular Steamer**, combine **⅔ cup prepared broth** and **⅓ cup quick oats**. Mix well. Cover; microwave on high 1–2 min. Once cooked, serve with a **soft-boiled egg** and a drizzle of **soy sauce**, if desired.

5

MISO MAYO

In a bowl, whisk together **1 cup mayonnaise**, **1 tbsp broth mix**, and **1 tsp lemon juice**. Use as a spread in sandwiches. Excellent with egg or chicken salad sandwich fillings.

5 WAYS WITH ASIAN STIR-FRY SEASONING



Mild, gingery flavour with sesame seeds, garlic, onion, and a hint of citrus. One jar makes 4 stir-fry recipes (label recipe). This blend is sodium-free!

1

SPEEDY RICE SALAD

Place **1 cup** cooked rice in a large bowl. Using **4-in-1 Mandoline**, thinly shave $\frac{1}{4}$ **English cucumber** ovetop. Add **1 chopped avocado**. Generously sprinkle with pinches of **seasoning**. Squeeze in juice from a **lime** and drizzle with a little **oil**; toss to mix.

2

ROASTED BROCCOLI STIR-FRY

Chop **1 head broccoli** into small florets; peel stem and cut into small pieces. Slice **1 red onion** into rings. Place on a **Sheet Pan** lined with a **Sheet Pan Liner**. Roast in preheated **425° F** until broccoli is tender-crisp, about **18–20 min**.

3

STIR-FRIED PORK TENDERLOIN & SPINACH

Coat **half a pork tenderloin** with **1 tsp sesame oil**; sprinkle with **1½ tsp seasoning** and pinches of **sea salt** and **ground black pepper**, then rub in. Thinly slice into rounds. Heat **1 tsp oil** in **Wok** over medium-high heat. Add pork slices; stir-fry until cooked through, **3–5 min**. Add **2 cups baby spinach** and **2 tbsp water**; cover and steam, stirring occasionally until spinach wilts.

4

3 MINUTE STEAMED FISH

Place **4–4 oz (113 g)** white fish fillets in **Multipurpose Steamer**. Sprinkle with **1 tbsp seasoning**. Cover; microwave on high **3 min**. Remove fish from microwave; let stand, covered, **1 min**. Drain excess liquid from steamer.

5

TOFU TRIANGLES

In a bowl, whisk together $\frac{1}{4}$ **cup ketchup**, **1 tbsp seasoning**, **1 tbsp soy sauce**, and $\frac{1}{2}$ **tbsp oil**. Cut **1 block (350 g)** firm tofu, lengthwise, in three slices. Cut each piece in half, then cut each half into triangles. You should have **12 pieces**. Coat tofu in sauce. Place on **Sheet Pan** lined with **Sheet Pan Liner**. Bake in **400° F** oven for **15–20 min**, flipping halfway through.

WOK & GLASS LID

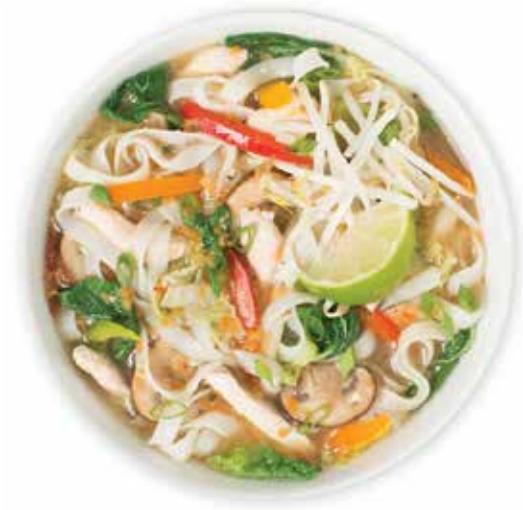
- Classic wok with curvy side and generous surface area for stir-frying.
- Hard aluminium body evenly distributes heat.
- Oven-safe to 450° F.
- Durable, non-stick ceramic coating is easy to clean and wear resistant. PFOA and PTFE free.
- Versatility is key—use as a large mixing bowl for baking or as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



MISO NOODLE SOUP



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 wholegrain bread roll.

RECIPE TIP

Make it vegetarian by replacing chicken with 1 lb (450 g) cubed firm organic tofu.



TOTAL TIME: 18 min



4 SERVINGS



\$4.24 CA/\$3.98 US PER SERVING

INGREDIENTS

- ½ pkg (14 oz/396 g) rice noodles
- 6 cups hot water
- 8 mushrooms
- 4 baby bok choy
- 2 bell peppers
- ½ lb (225 g) boneless, skinless chicken
- ¼ cup **Miso Broth Mix**
- 2 cups bean sprouts
- 4 lime wedges, optional

NUTRITIONAL INFO

Per serving: Calories 330, Fat 2.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 40 mg, Sodium 480 mg, Carbohydrate 55 g (Fibre 6 g, Sugars 6 g), Protein 21 g

INSTRUCTIONS

1. Prepare rice noodles according to package instructions.
2. Meanwhile, in a **Multipurpose Pot**, bring water to a boil.
3. Slice mushrooms. Thinly slice bok choy and peppers. Cut chicken into bite-sized pieces.
4. Once water is boiling, stir in broth mix, and chicken. Simmer for 2-3 min or until chicken is cooked through.
5. Meanwhile, divide rice noodles and veggies between four bowls.
6. Ladle soup over top. Top with sprouts and garnish with lime, if desired.

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SHEET PAN GINGER SALMON



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup rice.

RECIPE TIP

Though it doesn't look like typical cabbage, baby bok choy is part of the Chinese cabbage family. It's more tender and less bitter than full-sized bok choy.



TOTAL TIME: 15 min



4 SERVINGS



\$2.48 CA/\$2.12 US PER SERVING

INGREDIENTS

4-4 oz (113 g) salmon fillets
2 tbsp **Sesame Ginger Dressing Mix**
2 tbsp olive oil
1 tbsp liquid honey or maple syrup
1 tbsp low-sodium soy sauce
1 tbsp rice vinegar
4 bunches baby bok choy

Sea Salt, to taste

Black Pepper, to taste

NUTRITIONAL INFO

Per serving: Calories 270, Fat 14 g (Saturated 2 g, Trans 0 g), Cholesterol 60 mg, Sodium 250 mg, Carbohydrate 10 g (Fibre 1 g, Sugars 7 g), Protein 24 g.

INSTRUCTIONS

1. Preheat oven to 400° F.
2. In a bowl, whisk together dressing mix, oil, honey, soy sauce, and vinegar. Add salmon, gently toss to coat.
3. Trim ends of bok choy. Cut in half lengthwise. If one bunch is larger than the others, cut in quarters lengthwise.
4. Place salmon on $\frac{1}{4}$ **Sheet Pan** lined with $\frac{1}{4}$ **Sheet Pan Liner**. Toss bok choy with remaining marinade. Place on a separate $\frac{1}{4}$ **Sheet Pan** lined with $\frac{1}{4}$ **Sheet Pan Liner**. Bake, 7 min, until salmon is cooked through and bok choy stalks are tender.
5. Add salt and pepper, to taste.

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PORK CABBAGE ROLLS



MAKE IT A PERFECTLY BALANCED PLATE

Serve with $\frac{1}{2}$ cup rice and 1 tbsp **Sesame Ginger Dressing**.

VEGETARIAN TIP

Swap pork for 2 cans (19 oz/540 ml each) lentils, drained and rinsed.



TOTAL TIME: 20 min



4 SERVINGS



\$2.17 CA/\$1.84 US PER SERVING

INGREDIENTS

8 leaves savoy cabbage
8–10 button mushrooms
2 carrots
1 lb (450 g) lean ground pork
2 tbsp **Asian Stir-Fry Seasoning**
2 tsp each cornstarch and low-sodium soy sauce

NUTRITIONAL INFO

Per serving: Calories 310, Fat 18 g (Saturated 7 g, Trans 0.2 g), Cholesterol 75 mg, Sodium 220 mg, Carbohydrate 12 g (Fibre 4 g, Sugars 4 g), Protein 25 g.

INSTRUCTIONS

1. Place leaves in a **Multipurpose Steamer**; cover with lid (it's ok if not snug!). Microwave on high, at 1 min intervals until wilted, about 3 min. Spread leaves out on the counter to cool.
2. Meanwhile, finely chop mushrooms. You'll need about 2 cups. Using a box grater, coarsely grate carrots. In a large bowl, combine pork, mushrooms, carrots, seasoning, cornstarch, and soy sauce.
3. To assemble, cut out and discard thick stem end from the bottom of each leaf; this will make them easier to roll. Divide filling between leaves. Fold one end and both sides over filling; roll up. Tuck rolls, seam-side down in **Multipurpose Steamer**; it's OK if they overlap.
4. Cover; microwave on high until rolls are firm, about 7 min. Using tongs, remove to plates; discard liquid. Serve warm.

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GROUND BEEF & UDON NOODLE STIR-FRY



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced veggies.

RECIPE 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 required a short time in boiling water to separate the strands.



TOTAL TIME: 18 min



4 SERVINGS



\$3.54 CA/\$3.00 US PER SERVING

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

NUTRITIONAL INFO

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.

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.
5. Add drained noodles and reserved sauce. Stir gently to combine (the wok will be full!) and sauce has heated through, 1 min

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GINGERY TURKEY & RICE BOWL



MAKE IT A PERFECTLY BALANCED PLATE

This is a perfectly balanced plate.

RECIPE TIP

If the carrot's skin is dry or looks thick, peel it off. Otherwise, a good scrub is all that's needed! Cutting carrots on the bias is a technique often used for stir-frying vegetables. Not only does it look nice, but it cooks faster and is ideal for tender-crisp texture.



TOTAL TIME: 20 min



4 SERVINGS



\$3.41 CA/\$2.90 US PER SERVING

INGREDIENTS

- 1 cup uncooked white rice
- 2 cups water
- 1 tbsp oil
- 2 large carrots
- 1 lb (450 g) ground turkey or chicken
- 1 pkg **Crispy & Crunchy Lettuce Wrap Seasoning**
- 4 cups shredded coleslaw mix
- 1 tbsp low-sodium soy sauce
- 1 tbsp hot sauce, optional

Toppings (optional): Sliced green onions

NUTRITIONAL INFO

Per serving: Calories 430, Fat 13 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 75 mg, Sodium 360 mg, Carbohydrate 51 g (Fibre 3 g, Sugars 4 g), Protein 28 g.

INSTRUCTIONS

1. In **Multipurpose Steamer**, combine rice and water. Top with tray; microwave uncovered, on high for about 16–18 min, or until tender.
2. In **Wok**, heat oil over medium-high heat.
3. Meanwhile, scrub carrots clean. Cut into oval slices by slicing on the bias.
4. In a bowl, combine turkey and seasoning; add to wok. Stir-fry until meat starts to change colour and is almost cooked through, 3 min.
5. Add carrots, stir-fry until tender-crisp and meat is cooked through, 3–4 min. Add shredded coleslaw, soy sauce and hot sauce, if desired. Stir until cabbage is tender-crisp, 2 min.
6. Divide cooked rice, turkey, and veggies between bowls. Add toppings, if desired.

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CREAMY MISO NOODLE SALAD



MAKE IT A PERFECTLY BALANCED PLATE

This is a perfectly balanced plate.

RECIPE TIP

If you can't find soba noodles, swap in wholewheat spaghetti noodles or black bean spaghetti noodles instead.



TOTAL TIME: 20 min



4 SERVINGS



\$2.57 CA/\$2.12 US PER SERVING

INGREDIENTS

1 pkg (363 g) buckwheat soba noodles
½ lb (225 g) boneless, skinless chicken breasts

2 tbsp **Miso Broth Mix**, divided

1 cup snow peas

1 red bell pepper

¼ head red cabbage

3 tbsp tahini

3 tbsp water

2 tbsp 2% plain Greek yogurt

1 tbsp low-sodium soy sauce

Toppings (optional): sesame seeds, cilantro

NUTRITIONAL INFO

Per serving: Calories 510, Fat 10 g (Saturated 1.5 g, Trans 0 g), Cholesterol 40 mg, Sodium 600 mg, Carbohydrate 76 g (Fiber 5 g, Sugars 5 g), Protein 30 g.

INSTRUCTIONS

1. Cook noodles as per package directions in a **Multipurpose Pot-12 Cup**.
2. Meanwhile, cut chicken into bite-size pieces. Place in **Multipurpose Steamer**; coat with 1 tbsp broth mix. Microwave on high for 3–4 min, or until cooked.
3. Thinly slice snow peas, pepper, and cabbage.
4. In bowl, whisk together remaining broth mix, tahini, water, yogurt, and soy sauce. Set aside.
5. Drain and rinse noodles under cold water. Combine noodles, chicken, snow peas, pepper, and cabbage together in bowl. Toss with dressing. Refrigerate.
6. Before serving, garnish with toppings, as desired.

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CHICKEN & VEGGIES STIR-FRY



MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup baby spinach and 1 cup noodles or steamed rice.

RECIPE TIP

Swap chicken for 1 lb (450 g) cubed firm tofu.



TOTAL TIME: 20 min



4 SERVINGS



\$2.55 CA/\$2.17 US PER SERVING

INGREDIENTS

- 1 tbsp vegetable oil
- 1 lb (450 g) boneless, skinless chicken breasts
- 4 cups chopped broccoli florets
- 1 bell pepper
- 1 tbsp **Asian Stir-Fry Seasoning**
- 1 cup prepared **Miso Broth**
- 1 tbsp cornstarch

NUTRITIONAL INFO

Per serving: Calories 200, Fat 7 g (Saturated 4.5 g, Trans 1 g), Cholesterol 65 mg, Sodium 95 mg, Carbohydrate 10 g (Fibre 3 g, Sugars 3 g), Protein 26 g

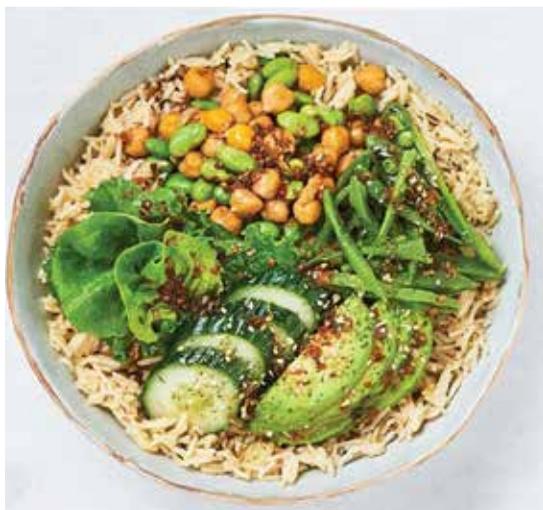
INSTRUCTIONS

1. Heat oil in **Wok**. Meanwhile, cut chicken into strips. Add chicken and stir-fry for 2–3 min, until golden. Remove and set on a plate.
2. Chop broccoli; slice bell pepper. Add broccoli, pepper, and seasoning to wok. Drizzle with a little water; cover and steam for 2 min, until tender-crisp. Meanwhile, stir broth with cornstarch.
3. Return chicken to wok and pour broth mixture on top. Simmer, uncovered, for 1 min, until sauce is thick.

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GREEN POWER BOWL



MAKE IT A PERFECTLY BALANCED PLATE

This is a perfectly balanced plate.

RECIPE TIP

Use up leftover rice up in burritos, lettuce cups or soups.



TOTAL TIME: 20 min



4 SERVINGS



\$3.35 CA/\$2.84 US PER SERVING

INGREDIENTS

- 1 cup uncooked white rice
- 2 cups water
- 1 tbsp **Miso Broth Mix**, or broth mix of your choice
- 1 can (19 oz/540 ml) chickpeas
- 2 cups frozen edamame, defrosted
- 1½ tbsp lime juice
- 1 - 1½ tbsp **Asian Stir-Fry Seasoning**
- 1 small English cucumber
- ½ avocado
- 1 cup snow peas
- 4 cups baby gem lettuce leaves
- ⅓ cup **Sesame Ginger Dressing**, prepared

NUTRITIONAL INFO

Per serving: Calories 460, Fat 14 g (Saturated 1 g, Trans 0 g), Cholesterol 0 mg, Sodium 610 mg, Carbohydrate 70 g (Fiber 14 g, Sugars 6 g), Protein 19 g.

INSTRUCTIONS

1. Stir together rice, water, and broth mix in **Multipurpose Steamer**. Top with tray; microwave uncovered, on high, 16–18 min.
2. Meanwhile, drain and rinse chickpeas. Place in bowl with edamame, lime juice, and seasoning. Toss to combine.
3. Cut cucumber into rounds. Slice avocado.
4. Once cooked, divide half of rice between four bowls; reserve remaining rice for use at a later date. Arrange chickpea mixture, cucumbers, avocado, snow peas, and lettuce in bowls. Drizzle dressing on top; add additional toppings, if desired.

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