



Look for regular rotations to the menu for new and seasonal meal choices.

Met Meal Kits are made in our kitchen with the freshest ingredients for a fun and easy way to prepare dinner. We've developed meals that are ready in about 15-30 minutes to help accommodate your busy schedule.

We've included everything you need, no need to pull anything from your pantry, and you won't have to worry about wasting any food or ingredients.

Met Meal Kits are ready in a few simple steps, and our chefs have included a few helpful tips and fun facts along the way.

DID YOU KNOW?

Our chicken is air-chilled, free-range, and non-GMO project verified.

Quinoa is a 7,000-year-old ancient grain originating from the Andean region of South America. It has been a staple food for thousands of years due to its high protein and mineral content.

INGREDIENTS: Kalbi Chicken (Soy, Wheat), Quinoa, Avocado, Shiitake Mushroom, Sesame Seeds, Pad Thai Sauce (Fish), Cucumber, Chive, Rice Vinegar, Shallot, Ginger, Salt

ALLERGENS: soy, wheat, fish

At Metropolitan Market, we know there's a lot of packaging in meal kits, and we are always working towards more sustainable practices. Most of the packaging used is either recyclable or compostable.



All ingredients included!
See details on back of package.

STICKY GLAZED CHICKEN QUINOA BOWL

SWEET SOY MARINATED CHICKEN WITH AVOCADO, PICKLED VEGETABLES, AND CARAMELIZED SHIITAKE MUSHROOMS

SERVES 2 | HEALTHY | DELICIOUS



TOOLS YOU'LL NEED:

- Non-stick large skillet
- Small sauce pan with a tightly fitting lid
- Cutting board
- Chef's knife
- Tongs
- Small bowl
- Thermometer (recommended)

KEEP REFRIGERATED



1. CUT + PICKLE VEGETABLES

- Thin slice the **cucumber** on a bias and cut the **shallot** into thin slices. Use a spoon to scrape the skin off the **ginger** and thinly slice into matchsticks. Place cut vegetables into a small bowl.
- Pour the **pickling liquid** into a small sauce pan and bring to a boil, then immediately pour over the vegetables. Fold a paper towel and place on top, pressing down so that it is saturated with liquid and the vegetables are covered. Place in refrigerator until ready to use.



2. COOK QUINOA

- Rinse and dry the sauce pan, then add **quinoa**. Turn the heat on high, and cook, stirring constantly, until the quinoa is golden, popping, and has the fragrance of peanuts. About 3 minutes.
- Fill the empty quinoa container to the brim with cold water, and pour on top. Bring to a boil, cover sauce pan, then immediately turn down to low. Simmer for 15 minutes until cooked. Remove from heat; allow to rest, covered, for at least 5 minutes.



3. PREHEAT PAN + COOK CHICKEN

- Preheat non-stick large skillet on medium heat until hot.
- Pour in 1/2 the **sunflower oil**. Add the **kalbi chicken**, smooth side down. Cook for 5 minutes until brown on one side.



4. SLICE CHIVES

- While chicken is cooking, bunch the **chives** together, and slice them into 1/2 inch-batons. Set aside for garnish later.



5. ADD MUSHROOMS

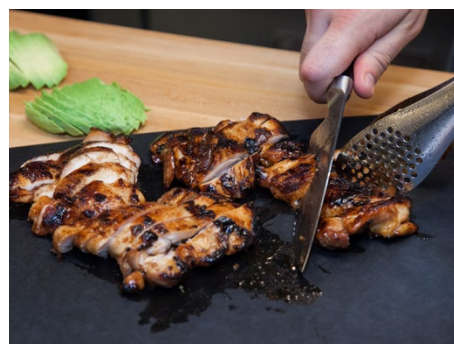
- Flip the chicken and move to one side of the skillet.
- Pour the remaining oil into the empty side, and add the **shiitake mushrooms**.
- Cook 5 more minutes, stirring the mushrooms occasionally until a thermometer inserted into the thickest part of the chicken reads 165° F and the chicken and mushrooms are brown on all sides.



6. ADD GLAZE

- Pour **glaze** into the skillet and use tongs to mix and coat each piece of chicken and mushrooms. Remove the skillet from heat, and place the chicken on a cutting board to rest for 2-3 minutes before slicing.

PRO TIP: Allowing cooked meat to rest helps it to retain it's juice after slicing.



7. CUT AVOCADO + SLICE CHICKEN

- Cut **avocado** in half around the pit, then twist to separate. Tap a sharp knife into the pit so that it sticks, then twist to remove.
- Use a large spoon to scoop the avocado out of the shell and set on cutting board.
- Cut avocado into slices and fan by pressing down with flat of knife.
- Slice chicken into 1/2-inch slices.



8. ASSEMBLE BOWL

- Scoop the cooked quinoa into the bottom of 2 bowls.
- Arrange the avocado and sliced chicken around the quinoa.
- Divide the shiitake mushrooms into the bowls and pour over any remaining sauce from the skillet.
- Add pickled vegetables.
- Sprinkle avocado with **sesame seeds**, then garnish with sliced chives.