



SPRIG+PLATE

Meal Prep Instructions - Week of 5/6

1. Steak and Veggie Skillet

- Heat 1-2 tbsp in a skillet over medium high heat. Once hot, add steak in a single layer. Sprinkle half the seasoning mix over the steak and cook 1-2 minutes per side, until steak is browned. Remove from heat and set aside
- Add onions to the skillet. Let cook 3-4 minutes. Add remaining veggies. Sprinkle remaining seasoning over the veggies. Cook 4-6 minutes.
- Add steak back to the skillet and toss to mix well. Cook until steak is heated back through and to your preferred doneness. Remove from heat and serve

2. Cashew Chicken Stir Fry

- Heat 1-2 tbsp in a skillet over medium high heat. Once hot, add chicken. Cook 5-8 minutes, until chicken is cooked through. Remove from heat and set aside
- If skillet is dry, add a little more oil. Add veggies to the skillet. Let cook 4-6 minutes.
- Add chicken back to the skillet, drizzle peanut sauce on top, and toss to mix well. Cook until veggies are tender to your liking and chicken is heated back through.
- Remove from heat. Top with cashews and green onions to serve.

3. Pistachio Crusted Salmon

- Preheat oven to 400°
- Bake uncovered for 20 minutes until salmon flakes easily with a fork.
- If you prefer the green beans to be softer, remove salmon from the pan and return the green beans to the oven until tender to your liking.

4. Roasted Tomato Soup

- Reheat in saucepan over medium heat until hot
- For microwave — reheat individual portions for 1 minute, stir and cook for another minute until hot
- To freeze, remove enough soup from the container so there is a 1” space at the top, to allow for soup to expand as it freezes. Thaw completely before reheating.

5. Arugula Caprese Salad

- Divide arugula between bowls
- Dice avocado
- Top arugula with avocado, tomatoes and mozzarella
- Drizzle dressing over the top and toss well to coat