



















KIDS' CRISPY EDAMAME RICE PATTIES

+ Snack: Apple "Nachos" with PB Chocolate Sauce



INGREDIENTS

3 SERVINGS | 6 SERVINGS

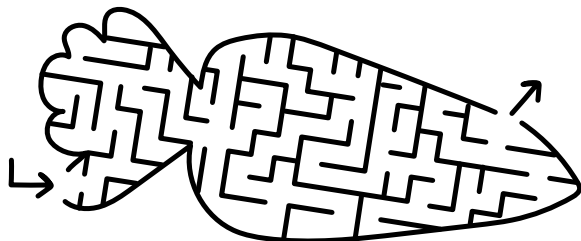
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|--|---|--|
| 
1 2
Microwavable Rice | 
4 oz 4 oz
Edamame
Contains: Soy | 
4 oz 4 oz
Shredded Carrots |
| 
½ Cup 1 Cup
White Cheddar Cheese
Contains: Milk | 
1 TBSP 2 TBSP
Cornstarch | 
1 2
Mini Cucumber |
| 
1 2
Bell Pepper* | 
1 2
Belgian Waffle
Contains: Eggs, Milk, Wheat | 
2 TBSP 4 TBSP
Hoisin Sauce
Contains: Soy, Wheat |
| 
2 TBSP 4 TBSP
Mayonnaise
Contains: Eggs | 
1 2
Granny Smith Apple | 
1 2
Apple |
| 
3 oz 6 oz
Semisweet Chocolate Chips
Contains: Soy | 
1.15 oz 2.3 oz
Peanut Butter
Contains: Peanuts | 
2 TBSP 4 TBSP
Yogurt
Contains: Milk |
| 
4 tsp 8 tsp
Honey | | |



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

CARROT MAZE



LUNCH



SNACK



LUNCH PREP: 15 MIN COOK: 35 MIN | CALORIES: 550 + SNACK COOK: 20 MIN | CALORIES: 370



HELLO FRESH



HELLO

LUNCH + SNACK

Whip up this time-saving, kid-pleasing meal (plus a little something extra!).

CHOP, CHOP

If you have a food processor, use it to quickly chop your edamame and carrots in Step 1!

BUST OUT

- Large bowl
- 2 Small bowls
- Whisk
- Large pan
- Paper towels
- Medium bowl
- Plastic wrap
- Parchment paper

- Kosher salt
- Cooking oil (4 tsp | 7 tsp)
- Sugar (½ tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)

Contains: Milk



1 PREP RICE MIXTURE

- **Wash and dry produce.**
- Finely chop **half the edamame** (all for 6 servings). Finely chop **half the shredded carrots** (all for 6).
- In a large bowl, combine chopped edamame, chopped carrots, **cheddar**, **1 TBSP oil**, **2 tsp cornstarch**, **½ tsp sugar**, and a **large pinch of salt** (for 6 servings, use 2 TBSP oil, 4 tsp cornstarch, and 1 tsp sugar). (Be sure to measure the cornstarch—we sent more!)
- Massage **rice** in package to break up grains. Partially open package; microwave until warmed through, 90 seconds. Fluff rice with a fork; immediately transfer to bowl with **edamame mixture** and stir until combined and slightly sticky, 1-2 minutes. Let cool at least 10 minutes.



2 FINISH PREP

- While rice mixture cools, trim and thinly slice **cucumber**.
- Halve, core, and thinly slice **bell pepper** into strips.
- Cut **waffle** into 1-inch-wide sticks.
- In a small bowl, whisk together **hoisin** and **mayonnaise** until combined.



3 FORM PATTIES

- Once **rice mixture** is cool enough to handle, form into 6 ½-inch-thick round patties (12 patties for 6 servings).



4 COOK PATTIES

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. (TIP: Depending on the size of your pan, you may need to work in batches, adding more oil in between each batch.) Add **patties** and cook until golden brown and crisp, 3-4 minutes per side.
- Transfer to a paper-towel-lined plate. Season with **salt**.
- **AIR FRYER ALTERNATIVE:** Working in batches if necessary, coat an air fryer basket with nonstick cooking spray; arrange patties side by side in basket. Coat tops with nonstick cooking spray. Air fry at 380 degrees until golden brown, flipping halfway through, 15-20 minutes.



5 SERVE OR STASH LUNCH

- **To serve:** Divide **crispy rice patties** between plates. (TIP: Quarter patties into bite-size pieces if desired!) Serve with **cucumber coins**, **bell pepper strips**, and **waffle sticks** on the side, with **creamy hoisin** for dipping.
- **To stash:** Let patties cool completely. Refrigerate patties, cucumber coins, bell pepper strips, waffle sticks, and creamy hoisin in separate containers and pack as desired!



6 START SNACK

- Halve, core, and thinly slice **apples**. TIP: If you have a lemon on hand, toss sliced apples with 1 TBSP lemon juice to prevent browning!
- In a medium microwave-safe bowl, combine **peanut butter**, **honey**, **half the chocolate chips**, and **1 TBSP butter** (2 TBSP for 6 servings); cover with plastic wrap. Microwave until peanut butter is softened and chocolate chips are melted, 30-45 seconds. Add a **pinch of salt** and whisk until smooth and combined.
- In a second small bowl, combine **yogurt** and **1 tsp water** (1½ tsp for 6) until smooth.



7 FINISH SNACK

- Fan out **apple slices** on a large parchment-lined plate (it's OK if they overlap!). Drizzle with as much **PB chocolate sauce** and **yogurt** as you like (it's normal for the chocolate sauce to harden slightly as it cools). Sprinkle **remaining chocolate chips** over top.
- **Storage suggestion:** Wrap plate with **apple "nachos"** tightly with plastic wrap. Refrigerate until ready to serve!



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