KITCHEN KARATE

5 LUNCHES IN 50 MINUTES



STEP- BY- STEP GUIDE

SHOPPING LIST

Produce

(2 handfuls each)

Tomato

Broccoli

Mushroom

Zucchini

Bell Peppers

Onions (2)

Garlic (1)

Jalapeno (1)

Lemon (1)

Lime (1)

Meats

Chicken Breast

(5 palm sized pieces)

Grains

Brown Rice (1/2 cup)

Seasonings

Olive Oil

Salt

Pepper

Oregano

Cumin

Basil

Mint

Curry

Rosemary

Ginger

Butter

Coconut Milk

Dijon Mustard

Red Wine

Sesame Seeds

Sesame Oil

Soy Sauce

Chinese Chili Sauce

STEP 1

Preheat oven to 400 degrees



STEP 2

Prep the ingredients (10 min)

Cut the produce into bite-sized pieces and separate equally into two bowls:

Tomato Broccoli Mushrooms Zucchini Bell Peppers



Dice onions Dice jalapeno Mince garlic Wedge lemon, lime

Portion out 5 equal pieces of chicken breast

Slice 3 portions into strips

Place chicken portions into 5 separate bowls



STEP 3

Season ingredients (10 min)

Lay out three bowls at a time and spread seasonings over three bowls equally

<u>Italian</u>

Chicken breast Chopped tomato Chopped zucchini



French

Chicken breast Chopped mushroom Chopped zucchini



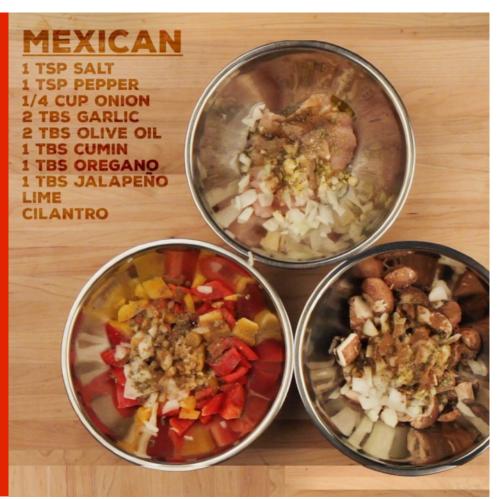
Indian

Sliced chicken breast Chopped broccoli Chopped tomato



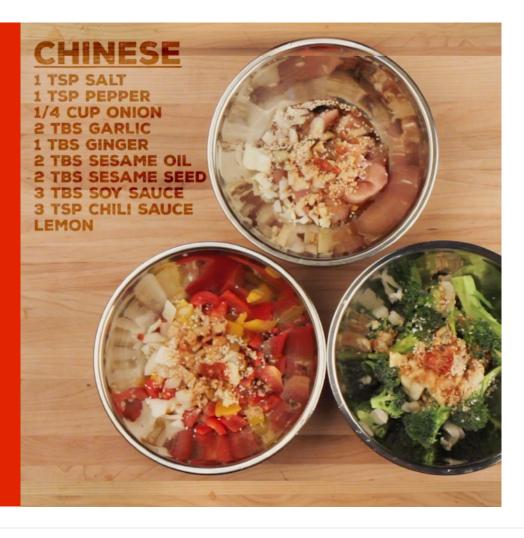
Mexican

Sliced chicken breast Chopped bell pepper Chopped mushroom



Chinese

Sliced chicken breast Chopped bell peppers Chopped Broccoli



STEP 4

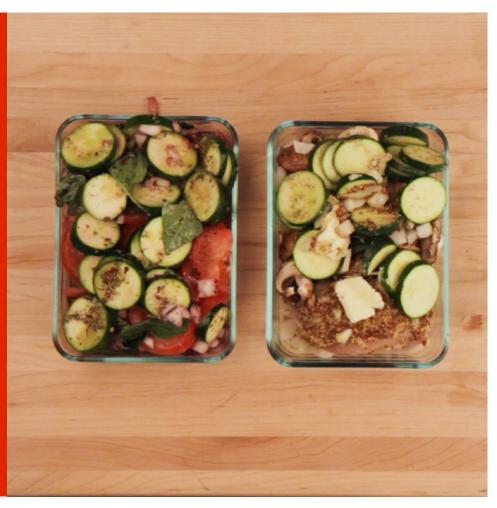
Cook the ingredients (25 min)

Prep for the oven

Add content of three Italian bowls to one baking dish

Add content of three French bowls to another baking dish

Place both dishes into 400 degree oven and set time for 20 minutes



Start rice

Put $\frac{1}{2}$ cup rice and $\frac{1}{2}$ cups water into pot

Bring to boil

Reduce to simmer Leave simmering uncovered until liquids are gone



Stir fry three dishes

Set three frying pans on the stovetop (around the cooking rice)

Set each pan to medium high heat

Pour ingredients from Mexican bowls into one pan

Pour ingredients from Chinese bowls into second pan

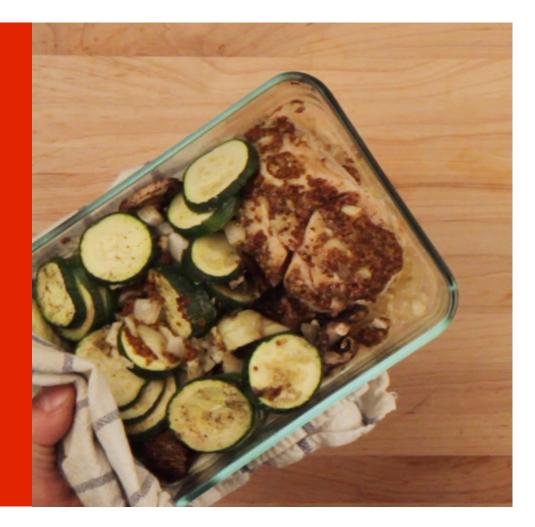
Pour ingredients from Indian bowls into third pan

Stir fry until chicken is done in each pan



Finish up baked dishes

When 20-minute timer goes off pull dishes and check that chicken is cooked all the way through. If not, put back into oven for 5 minutes and check again.



STEP 5

Pack meals (5 minutes)

Resources:

Get the spice rack: www.chefcaddy.com

Get the lunch box: www.getprepd.com

Return to the video www.kitchenkarate.com/5150video

