

**KITCHEN KARATE**

# **5 LUNCHEAS 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

## Italian

Chicken breast  
Chopped tomato  
Chopped zucchini

## ITALIAN

1 TSP SALT  
1 TSP PEPPER  
1/4 CUP ONION  
2 TBS GARLIC  
2 TBS OLIVE OIL  
1 TBS OREGANO  
1 TBS BASIL  
1 TSP RED PEPPER  
1/4 CUP RED WINE



## French

Chicken breast  
Chopped mushroom  
Chopped zucchini

## FRENCH

1 TSP SALT  
1 TSP PEPPER  
1/4 CUP ONION  
2 TBS GARLIC  
2 TBS BUTTER  
1 TBS ROSEMARY  
4 TBS DIJON  
MUSTARD



## Indian

Sliced chicken breast  
Chopped broccoli  
Chopped tomato

## INDIAN

1 TSP SALT  
1 TSP PEPPER  
1/4 CUP ONION  
2 TBS GARLIC  
4 TBS CURRY  
1 TBS BASIL  
1 TBS MINT  
1/2C COCONUT MILK



## Mexican

Sliced chicken breast  
Chopped bell pepper  
Chopped mushroom

## MEXICAN

1 TSP SALT  
1 TSP PEPPER  
1/4 CUP ONION  
2 TBS GARLIC  
2 TBS OLIVE OIL  
1 TBS CUMIN  
1 TBS OREGANO  
1 TBS JALAPEÑO  
LIME  
CILANTRO



## Chinese

Sliced chicken breast  
Chopped bell peppers  
Chopped Broccoli

## CHINESE

1 TSP SALT  
1 TSP PEPPER  
1/4 CUP ONION  
2 TBS GARLIC  
1 TBS GINGER  
2 TBS SESAME OIL  
2 TBS SESAME SEED  
3 TBS SOY SAUCE  
3 TSP CHILI SAUCE  
LEMON



## **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 ½ cup rice and 1½ 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](http://www.chefcaddy.com)

Get the lunch box:  
[www.getprepd.com](http://www.getprepd.com)

Return to the video  
[www.kitchenkarate.com/5150video](http://www.kitchenkarate.com/5150video)

