



E P I C U R E™

Get Back To It

The September Epic Box will make meal preps, back-to-school lunches and big batch weekend cooking a breeze.



September 2023

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Boost your kitchen confidence with help from the September Epic Box.




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Meatless Tikka Masala

20 min | 6 servings | \$2.11 CA/\$1.79 US per serving



Say goodbye to heavy cream and hello to a luscious, plant-based curry sauce, bursting with all-natural ingredients. This recipe features wholesome goodness and a full serving of protein—delicious for vegans and non-vegans alike.

INGREDIENTS

- 2 pkgs (12 oz/350 g each) extra-firm tofu
- 2 tbsp oil, divided + more for brushing
- 2 tbsp garam masala, divided
- 1 can (14 oz/398 ml) unsalted chickpeas, drained and rinsed
- 3 tbsp tomato paste
- 1 pkg **Modern Mac Seasoning**
- 2 cups unsweetened oat milk
- 1 cup water
- 2 tbsp plant-based butter or olive oil

Topping (optional): plant-based yogurt, chopped cilantro, green onions

INSTRUCTIONS

1. Preheat grill to high heat. Lightly brush with oil.
2. Drain tofu and pat dry with a clean towel. Slice each piece of tofu horizontally to make four “steaks”. Lightly brush 1 tbsp oil over both sides of each steak, then rub in 1 tbsp garam masala to evenly coat.
3. Grill, with lid closed, turning occasionally until lightly charred, about 15 min. Remove from grill and cut into 1" pieces.
4. Meanwhile, heat remaining oil in **Sauté Pan**. Add chickpeas, remaining 1 tbsp garam masala, and tomato paste. Cook over medium-high heat 5 min, stirring often.
5. Add seasoning and oat milk; stir to combine. Reduce heat to low and add water; simmer for 2 min. Stir in plant-based butter and grilled tofu. If sauce is too thick, thin with additional milk or water, if desired. Spoon into bowls and add toppings.

PERFECTLY BALANCE YOUR PLATE: Serve with ½ cup cooked rice and 1 cup steamed vegetables or 2 cups baby spinach.

TIP: Not vegan? Swap boneless, skinless chicken for tofu!

PER SERVING: Calories 350, Fat 18 g (Saturated 2 g, Trans 0 g), Cholesterol 0 mg, Sodium 390 mg, Carbohydrate 25 g (Fibre 5 g, Sugars 5 g), Protein 21 g.



BEER & CHEEZ DIP

Try these alternative recipes using **Modern Mac Seasoning**.

Ratatouille Pie

35 min | 4 servings | \$2.62 CA/\$2.23 US per serving



Say “oui” to this hearty, French comfort food. It’s perfect for cozying up during the colder months. The flavours of ratatouille pie pay homage to the French countryside, with aromatic herbs, onion, and garlic. This pie is vegetarian but high in protein from nutrient- and fibre-rich lentils.

RATATOUILLE

- 1 eggplant
- 1 red bell pepper
- 1 zucchini
- 2 tbsp olive oil
- 1 pkg **Ratatouille Seasoning**
- 1 can (14 oz/398 ml) diced tomatoes

PIE

- 1 frozen pie shell, thawed
- ½ cup ricotta cheese
- 1 tbsp **3 Onion Dip Mix** or finely chopped green onion
- 1 can (14 oz/398 ml) lentils, drained and rinsed
- ½ cup grated mozzarella

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Dice eggplant, pepper, and zucchini. Heat oil in **Sauté Pan** over medium heat. Stir in diced veggies, seasoning, and diced tomatoes. Cover and simmer 12 min, or until vegetables are tender, stirring halfway.
3. Meanwhile, use a fork to poke holes in the pie shell. Bake 10 min.
4. Combine ricotta with dip mix.
5. To assemble pie, cover bottom of shell with lentils and top with 3 cups prepared ratatouille. Crumble on ricotta mixture and sprinkle with mozzarella.
6. Bake 20 min, or until cheese is bubbly.

PERFECTLY BALANCE YOUR PLATE: This is a perfectly balanced plate.

TIP: Save some time by preparing the ratatouille and par-baking the pie shell the night before.

PER SERVING: Calories 440, Fat 19 g (Saturated 8 g, Trans 0 g), Cholesterol 30 mg, Sodium 580 mg, Carbohydrates 48 g (Fibre 14 g, Sugars 8 g), Protein 20 g.



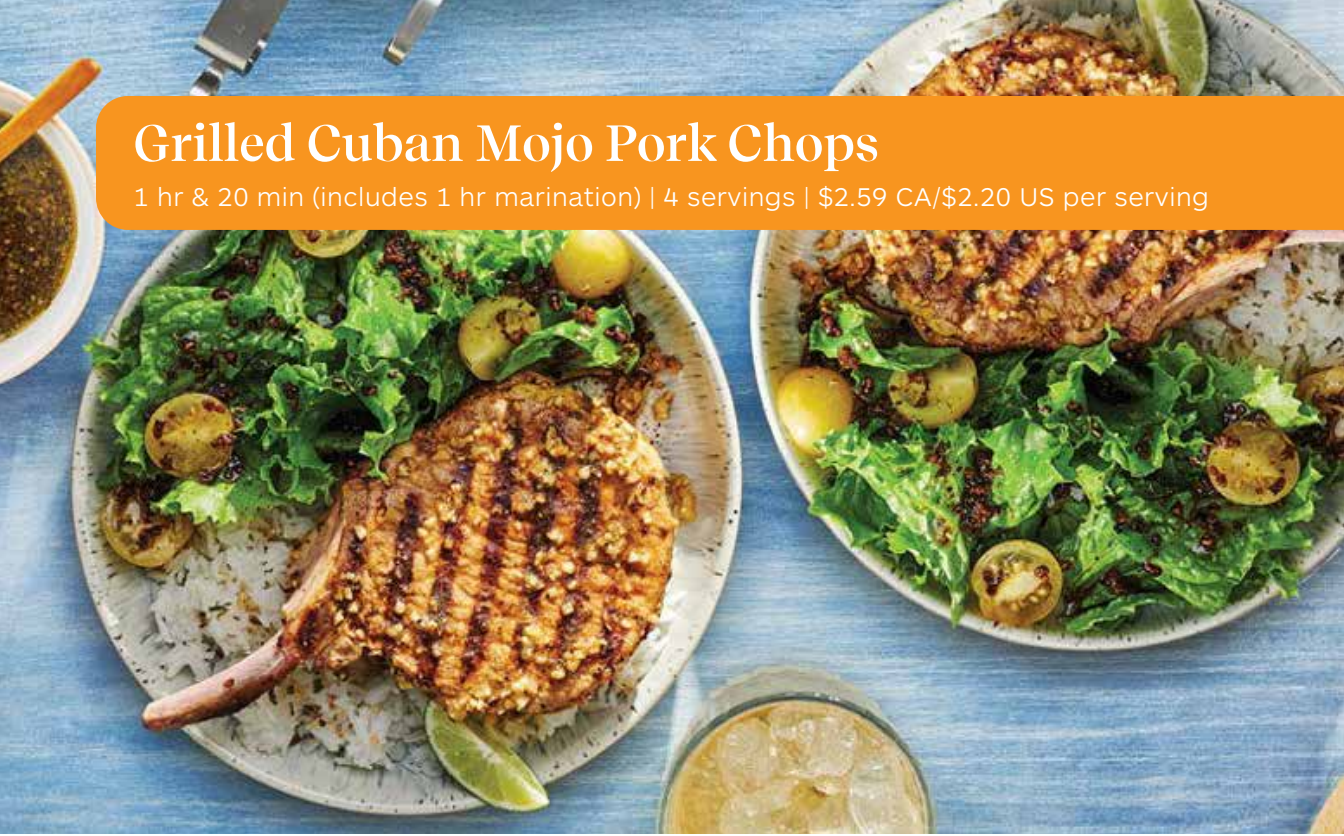
RATATOUILLE
SHEET PAN PIZZA



Try these alternative recipes using **Ratatouille Seasoning**.

Grilled Cuban Mojo Pork Chops

1 hr & 20 min (includes 1 hr marination) | 4 servings | \$2.59 CA/\$2.20 US per serving



Transport your taste buds to Cuba! In Cuban cooking, “mojo” refers to any sauce made with garlic, olive oil, and citrus juice. While bitter orange juice is traditionally used, we’ve included lime juice & orange peel in our blend to help achieve that authentic flavour. All you need to do is add your favourite OJ and oil to create a tangy and flavourful marinade.

INGREDIENTS

2 tbsp **Cuban Mojo Marinade Mix**
⅓ cup orange juice
2 tbsp oil
1 lb (450 g) bone-in pork chops,
about 4
Topping (optional): extra **Cuban Mojo
Marinade**

INSTRUCTIONS

1. In **Round** or **Multipurpose Steamer**, whisk together marinade mix, juice, and oil.
2. Add pork to steamer; flip to coat. Cover; marinate at least 1 hour or overnight. Discard marinade.
3. Preheat grill to medium-high. Lightly brush grill with oil to prevent sticking.
4. Line **Sheet Pan** with **Sheet Pan Liner**. Place pork on pan and head to the grill.
5. Grill pork, with lid closed, 15–16 min, until cooked through and lightly charred, flipping every 4 min.
6. Remove Sheet Pan Liner from pan. Place pork on Sheet Pan. Drizzle with additional freshly prepared marinade, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup rice and 1 cup grilled veggies.

TIP: This marinade works with pulp or pulp-free orange juice.

PER SERVING: Calories 240, Fat 16 g (Saturated 4 g, Trans 0.1 g), Cholesterol 55 mg, Sodium 140 mg, Carbohydrate 5 g (Fiber 1 g, Sugars 2 g), Protein 19 g.



GRILLED CUBAN-STYLE MUSHROOMS



“SOLE”-FUL CUBAN MOJO FISH

SLOW COOKER CUBAN MOJO PORK



Try these alternative recipes using Cuban Mojo Marinade Mix.

Chicken Adobo

18 min | 4 servings | \$3.87 CA/\$3.29 US per serving



On hot days, don't sweat dinner—literally! Let the microwave do the heat-busting, heavy lifting. At the same time, our seasoning blend brings electric, Mexican adobo flavour without having to chop up anything but the chicken. All the chilies, tomatoes, and aromatic spices (over 15 of them!) are right in the blend.

INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken thighs
- ½ pkg **Chicken Barbacoa Seasoning**
- 4 cups frozen, mixed veggies
- 1 cup water
- 2 tbsp olive oil
- 2 tbsp tomato paste

INSTRUCTIONS

1. Cut chicken into 1" pieces, then place in **Round Steamer**. Add seasoning, frozen veggies, water, olive oil, and tomato paste to steamer; stir to combine.
2. Cover and microwave on high 14–16 min, stirring halfway through, or until chicken is cooked through and sauce is bubbling.

PERFECTLY BALANCE YOUR PLATE: Serve with ½ cup cooked grains such as rice, couscous, or quinoa.

TIP: Make it vegan—swap cubed, firm tofu for chicken thighs.

PER SERVING: Calories 370, Fat 16 g (Saturated 3.5 g, Trans 0 g), Cholesterol 75 mg, Sodium 530 mg, Carbohydrate 31 g (Fibre 7 g, Sugars 8 g), Protein 27 g.



BETTER THAN CHIPOTLE
BEEF BURRITO BOWLS



CHICKEN BARBACOA TACOS

TEX-MEX CHICKEN PIZZA



Try these alternative recipes using **Chicken Barbacoa Seasoning**.

Saucy Queso Chicken

16 min | 4 servings | \$3.56 CA/\$2.81 US per serving



INGREDIENTS

1 lb (450 g) boneless, skinless chicken breasts (about 2)

1 pkg **Ooey Goopy Queso Dip Mix**, divided

½ tbsp oil

1½ cups milk, your choice

½ cup grated cheddar cheese

½ avocado

1 lime

Toppings (optional): crushed tortilla chips, pickled jalapeños, **Poco Picante Salsa**

INSTRUCTIONS

1. To thinly slice chicken, place one hand on one breast and press down firmly. Curve fingers up slightly for safety. Carefully slice meat horizontally. Repeat with remaining chicken. You should have four pieces in total. Season chicken with 1 tbsp hot dip mix.
2. Heat oil in **Sauté Pan** over medium-high heat. Add chicken; cook 4–5 min per side until golden brown and cooked through.
3. Meanwhile, prepare queso sauce. In **Multipurpose Steamer**, whisk remaining hot dip mix with milk. Microwave, uncovered on high for 4–5 min, or until thickened. Whisk halfway through cooking. Remove from microwave. Stir in grated cheddar.
4. Thinly slice avocado. Cut lime into quarters.
5. To serve, spoon queso sauce over chicken, top with avocado and lime. Add additional toppings, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup steamed veggies and ½ cup rice.

TIP: Make it vegetarian—swap chicken with firm tofu, sliced into thick steaks.

PER SERVING: Calories 360, Fat 18 g (Saturated 7 g, Trans 0.2 g), Cholesterol 115 mg, Sodium 470 mg, Carbohydrate 15 g (Fibre 2 g, Sugars 3 g), Protein 35 g.



CHEESY GRILLED QUESADILLAS



BLACK BEAN SALSA CUPS

NO BAKE QUESO NACHOS



Try these alternative recipes using **Ooey Gooey Queso Hot Dip Mix**.

Fish Tacos with Mango-Avocado Salsa

15 min | 4 servings | \$4.07 CA/\$3.46 US per serving



INGREDIENTS

- 1 lime, divided
- 1 pkg **Sweet Garlic Chicken Seasoning**
- 1 tbsp oil + more for brushing
- 4 (4 oz/113 g) skinless salmon fillets
- 1 avocado
- 1 mango
- Sea salt, to taste
- Black pepper, to taste
- 8 corn tortillas
- Toppings** (optional): diced red onion, **Poco Picante Salsa**

INSTRUCTIONS

1. Preheat grill to medium heat. Lightly brush with oil to prevent sticking.
2. Slice lime in half. In a small bowl, squeeze juice from half of lime. Add seasoning and oil; whisk to combine. It will be a thick sauce.
3. Line $\frac{1}{4}$ **Sheet Pan** with $\frac{1}{4}$ **Sheet Pan Liner**. Arrange salmon fillets in a single layer. Brush the sauce over both sides of the salmon, making sure to flip gently (fish can be delicate!).
4. Remove fish from Sheet Pan. Grill, with lid closed, 3 min per side, or until salmon is cooked through; be sure to flip carefully.
5. Remove liner from pan and place cooked salmon on top of pan. Using a fork, flake salmon into bite-size pieces.
6. To make salsa, dice avocado and mango. Place in a bowl. Squeeze in juice from remaining half lime. Stir to combine. Season to taste with salt and pepper.
7. Divide salmon and salsa between tortillas. Add toppings, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup veggies.

TIP: No grill? No problem! Place fish on **Sheet Pan** lined with foil and broil for 10 min, or until cooked through, flipping halfway. Be sure not to broil with **Sheet Pan Liner!**

PER SERVING (2 TACOS): Calories 480, Fat 20 g (Saturated 2.5 g, Trans 0 g), Cholesterol 60 mg, Sodium 370 mg, Carbohydrate 50 g (Fibre 9 g, Sugars 18 g), Protein 28 g.



SWEET GARLIC SHRIMP STIR-FRY



CHEESE-STUFFED MINI MEATBALLS



SWEET GARLIC CHICKEN

Try these alternative recipes using **Sweet Garlic Chicken Seasoning**.

Unicorn Treats

23 min | 30 servings | \$0.26 CA/\$0.22 US per serving



Celebrate special occasions—or even ordinary ones—in an epic way! This party-perfect treat is sugar-conscious but still delivers sweet, vanilla flavour with fun, rainbow bursts. Serve with a dollop of prepared **Summer Berry Sweet Dip** and berries.

INGREDIENTS

- 1 pkg **Happy Birthday Cake Mix**
- 2 eggs
- ½ cup milk, your choice
- ⅓ cup oil
- 2 tsp vanilla extract
- 3 tbsp rainbow sprinkles
- Topping** (optional): vanilla icing

INSTRUCTIONS

1. Preheat oven to 350° F. Place **Perfect Petites** on **Sheet Pan**. Lightly oil wells.
2. In a large bowl, whisk cake mix with eggs, milk, oil, and vanilla until just combined. Fold in sprinkles. Divide batter evenly between petites. Don't overfill; batter will rise.
3. Bake 20–22 min, or until a toothpick comes out clean. Let cool completely before unmolding and icing, if desired.

TIP: This recipe is Epic-Life friendly. Wrap individually and freeze for dessert-on-demand.

PER SERVING: Calories 70, Fat 3 g (Saturated 0.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 60 mg, Carbohydrate 10 g (Fibre 0 g, Sugars 6 g), Protein 1 g.



MINI MORNING COFFEE CAKES



SUMMER BERRY LAYER CAKE



HAPPY BIRTHDAY CAKE

Try these alternative recipes using **Happy Birthday Cake Mix**.