



FLAVOUR PROFILE

Citrusy lemon meets the rich, herbaceous flavours of basil and parsley, with nutritional yeast for added nutrients!

FEATURES & BENEFITS

One-pan meal goes from raw to ready in just 20 minutes.

Gluten-free, vegan blend, with no artificial colours or flavours.

Onion- and garlic-free blend.

Mediterranean flavours the whole family will love.

LABEL DIRECTIONS

Make 4 servings

In a Sauté Pan, heat 1 tbsp oil over medium-high heat. Season 1 lb (450g) boneless, skinless chicken thighs with 1 tbsp of seasoning. Add chicken to preheated pan; brown 2 min per side. Whisk remaining seasoning with 1 3/4 cups hot water. To pan, add 1 tbsp unsalted butter, 1/4 cup drained capers, 1 cup orzo, reserved seasoning mixture, and 2 cups cherry tomatoes. Stir and bring to a boil. Reduce heat to low. Cover and simmer for 12 min or until orzo is tender. Increase heat and gradually stir in 4 cups baby spinach until wilted and sauce thickens.

INGREDIENTS LIST*

Basil, black pepper, celery seeds, citric acid, inactive nutritional yeast, oregano, organic cane sugar, organic lemon powder (organic rice and/or tapioca maltodextrin, organic lemon juice concentrate, organic lemon oil), paprika, parsley, sea salt.

ALLERGENS AND SENSITIVITIES

None.

FYI: All sources of maltodextrin are made from rice or tapioca. Epicure only uses gluten-free ingredients.

WE KEEP IT SIMPLE: CLEAN INGREDIENTS, ALWAYS.

- FREE OF PRESERVATIVES AND ARTIFICIAL COLOURS.
- 100% GLUTEN FREE AND NUT FREE.
- SODIUM AND SUGAR CONSCIOUS.
- MADE FROM ETHICALLY SOURCED INGREDIENTS.
- 85% NON-GMO PROJECT VERIFIED.

*Ingredients list is in alphabetical order for proprietary reasons.

RECIPE IDEAS

- Use as a seasoning for burgers or meatloaf.
- Blend with olive oil and fresh lemon juice for a vinaigrette.
- Make a sheet pan meal: toss cubed chicken, sliced onion, and peppers with seasoning, then roast.
- Chicken piccata: make the sauce, then serve with chicken over pasta or rice.

KITCHEN HACK

- Not a fan of capers? Omit them or swap capers for green olives.
- Replace orzo with other types of pasta or rice.

TASTING TIP

Make a vinaigrette and serve with pita wedges for tasting during your demo. Pairs well with Mediterranean Night cooking class.

COMPANION PRODUCTS

Check epicure.com for current availability.

FOOD & BEVERAGES:

- **Za'atar Seasoning**
- **Chicken Souvlaki Seasoning**
- **Aloo Gobi Seasoning**
- **Dulce De Leche Instant Pudding Mix**

COOKWARE:

- **Sauté pan**
- **4-Cup Prep Bowl**
- **Prep Pro Utensil Set**

*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at epicure.com.

Nutrition Facts		Valeur nutritive	
Per 1/4 package dry mix (10 g) / Par 1/4 du sachet de mélange (10 g)			
1/4 package prepared / 1/4 du sachet préparé			
	Dry Mix [†]	Prepared	
	Mélange [†]	Préparé [†]	
Calories	35	450	
% Daily Value* / % valeur quotidienne*			
Fat / Lipides 0.2 g [†]	1 %	20 %	
Saturated / saturés 0 g			
+ Trans / trans 0 g	0 %	23 %	
Carbohydrate / Glucides 7 g			
Fibre / Fibres 1 g	4 %	18 %	
Sugars / Sucres 1 g	1 %	5 %	
Protein / Protéines 2 g			
Cholesterol / Cholestérol 0 mg			
Sodium 160 mg	7 %	23 %	
Potassium 125 mg	3 %	13 %	
Calcium 10 mg	1 %	8 %	
Iron / Fer 0.4 mg	2 %	28 %	

* Amount in dry mix / Teneur dans le mélange.
[†] Prepared adds 420 Calories, 15 g Fat (4.5 g saturated, 0.1 g trans), 39 g Carbohydrate (4 g fibre, 4 g sugars), 29 g Protein, 85 mg Cholesterol, 370 mg sodium. / La recette préparée ajoute 420 Calories, 15 g Lipides (4.5 g saturés, 0.1 g trans), 39 g Glucides (4 g fibres, 4 g sucres), 29 g Protéines, 85 mg Cholestérol, 370 mg Sodium.
 *5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup

90-DAY MONEY BACK GUARANTEE

If for any reason you are not completely satisfied with your Epicure products within 90 days of purchase, we will exchange or fully refund your purchase. Ask your Consultant about extended guarantees on cookware.