



Chicken Curry IN A HURRY

INGREDIENTS:

- 2 tbsp salted butter
- 4 cloves minced garlic
- 1 medium yellow onion, finely diced
- 1 sweet potato, peeled and finely diced
- 1 tsp curry powder
- One 13.5-ounce can coconut milk
- 1 cup chicken broth
- 2 tbsp honey
- ¼ tsp kosher salt
- 1 rotisserie chicken, de-boned
- ¼ cup fresh chopped cilantro leaves
- A few dashes of hot sauce
- ½ lime, juiced
- ½ small diced mango

STEPS:

1. Heat butter in a large skillet over medium-high heat. Add garlic, onion and sweet potato to heated skillet and cook for 2 minutes. Sprinkle curry powder and continue cooking for another minute. Reduce heat to medium/low and pour in the coconut milk and broth. Mix in the honey and salt. Allow sauce to heat up until gently simmering.
2. Add the prepared chicken to the sauce, tossing to coat, and allow it to simmer until warmed through, about 3 minutes. Turn off heat. Mix in the chopped cilantro, hot sauce and lime juice.
3. Ladle the soup into bowls. Garnish with mango cubes, cilantro leaves and lime wedges.



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Roasted Cauliflower Pasta with CRISPY PARMESAN

INGREDIENTS:

- 12 oz. cauliflower cut into bite-sized pieces.
- 8 oz. pasta of your choice.
- 4 tbsp olive oil divided
- 4 tbsp unsalted butter
- 3 tbsp grated parmesan cheese
- 2 tbsp lemon juice
- 1 tbsp minced garlic
- 1 tsp Italian seasoning
- salt and pepper to taste

STEPS:

1. Preheat oven to 425°.
 2. Toss the cauliflower florets in 2 tablespoons of oil with salt and pepper and arrange them in a single layer on a lined/nonstick baking sheet. Bake for 25 minutes.
 3. Sprinkle with the grated parmesan cheese, allowing some to fall onto the pan to create the crisps. Return to the oven and bake for an additional 2 - 4 minutes or until golden brown.
- Pasta and Garlic Lemon Butter Sauce:**
4. Make Pasta and set aside. While the pasta is boiling, in a large skillet, heat 2 tablespoons of olive oil over medium heat then melt the butter into the oil.
 5. Add the minced garlic to the pan and sauté for 1 minute. Stir in the Italian seasoning, then add the lemon juice and stir to combine. Simmer for about 1 minute then remove from heat.
 6. Add the cooked pasta to the pan and toss in the sauce to coat. Toss in the roasted cauliflower and parmesan crisps. You can season with salt and pepper and garnish with extra parmesan if desired.



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bon appétit

- Tex Mex Stuffed Zucchini with Black Beans
- Skirt Steak with Chimichurri Sauce
- Strawberry Avocado Salad
- Chicken Tortilla Dump Dinner
- Roasted Cauliflower Pasta with Crispy Parmesan
- Fresh Corn Salad
- Instant Pot Summer Soup
- Shrimp Tacos with Mango and Black Bean Salsa
- Chicken Curry in a Hurry
- Harvest Pumpkin Dip
- Thanksgiving Leftover Lasagna
- Spiced Cranberry Crisp Cake

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Shrimp Tacos with MANGO & BLACK BEAN SALSA

INGREDIENTS:

- 1 15-oz. can black beans, rinsed
- 1 large mango, cut into ¼-in. pieces
- 1 jalapeño (seeded for less heat, if desired), halved and thinly sliced
- ½ small onion, finely chopped
- 2 tbsp fresh lime juice, plus lime wedges for serving
- kosher salt
- black pepper
- ½ cup chopped fresh cilantro
- 24 medium shrimp
- ¼ tsp cayenne pepper
- 1 tbsp olive oil
- 8 small corn tortillas, warmed
- 2 tbsp flaked coconut, toasted

STEPS:

1. In a medium bowl, toss the beans, mango, jalapeño, onion, lime juice and ¼ tsp each salt and pepper; fold in the cilantro.
2. Season the shrimp with the cayenne and ¼ tsp salt. Heat the oil in a large skillet over medium-high heat and cook, turning once, until opaque throughout, 2 minutes per side.
3. Fill the tortillas with the shrimp and top with the black bean and mango salsa. Sprinkle with the coconut and serve with the lime wedges, if desired



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