



**CHEF B. MEALS**  
**WEEKLY MEAL**  
**PREP**  
Week of 4/10

## ENTREES

### Chicken

#### ***Spicy Chicken Cacciatore (F) (GF,NF,SF) \*PC\****

This recipe deconstructs what is often a heavy sauce into its vivid components: bright red strips of bell pepper, sweet slices of onion, hot pickled peppers and fresh chopped tomatoes.

**Note: This dish will be prepared with very moderate spice. Please specify if you would prefer white meat with this dish.**

**Recommended pairing: Brown Butter Fettucine with Shaved Brussels Sprouts, Pine Nuts and Lemon**

### Pork

#### ***Bourbon-Orange Glazed Ham (F) (NF,SF)***

Sticky, sweet, tangy, and full of flavor... this bourbon mustard and orange glazed ham is one that you'll be happy to have as the star of your Easter meal!

**Recommended pairing: Asparagus, Peas, and Tomatoes with Herb Butter**

### Seafood

#### ***Parmesan Crusted Trout (NF,SF)***

We serve this tasty fish with lemon wedges and a fresh sprig of dill.

**Recommended pairing: Creamy Potato and Butternut Squash Hash**

### Something Simple

#### ***Lemony Baked Salmon with Chorizo, Bulgur and Kale (NF,SF) \*PC\****

A beautiful mix of bulgur, kale and chorizo makes a bed for lovely filets of salmon with plenty of lemon flavor to go around. You finish roasting it up and make it perfect in your own oven!

**Recommended pairing: Slow Roasted Tomatoes and Fennel with Garlic-Herb Oil**



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## SIDES

### Sweet Tooth

#### **Chocolate Chip Toffee Cookies (NF,SF)**

We soft bake them and send them with love or we can provide you the dough and you can bake them yourself

### Middle Eastern Rice with Chickpeas and Ground Turkey (GF,DF,NF,SF)

I got this recipe from a friend who is from Bethlehem. The flavors are just delicious. We can remove the turkey to make this dish vegan friendly and if you would like to make this an entrée we can add Harissa Chicken Breasts. Please request in comments this will count as an entrée.

### Orange-Glazed Carrots, Onions & Radishes (GF,SF)

Carrots and radishes give color and crunch to this slightly sweet and spiced - not spicy - side. We topped the dish with toasted walnuts.

(The walnuts can be left out of this dish if you have nut allergies).

### Asparagus, Peas, and Cherry Tomatoes with Herb Butter (GF,NF,SF)

These garden-fresh vegetables are full of flavor. Sautéed lightly in olive oil and garlic then served with homemade herb butter (the herb butter is served on the side).

Add bacon bits to this side dishes and we will bet you that your kids will eat/love this side dish

### Creamy Potato and Butternut Squash Hash (F) (GF,NF,SF)

Roasted red potatoes and butternut squash are accompanied by a creamy tarragon sauce. An ode to the Clyde's brunch favorite.

### Fettuccine with Brussel Sprouts, Pine Nuts and Lemon (F) (NF,SF)

The natural nuttiness of Brussels Sprouts is greatly enhanced by the addition of pine nuts, and sautéing the sprouts deepens the flavor. Tossing them with al dente fettuccine, brown butter and lemon will make you wonder how anyone could dislike them.

### Slow Roasted Tomatoes and Fennel with Garlic-Herb Oil (GF,DF,NF,SF)

This recipe brings out the delicious, sweet flavors of tomatoes and fennel bulbs. Accompanied by a garlic and herb-infused oil this is a delicious vegetable side dish for any meal.

(F) = You can freeze if needed. Meals will last 5-6 days and they do not need to be frozen

Symbol Guide:

GF: GlutenFree

DF= Dairy Free

NF= Nut Free

SF= Soy Free

PC= Par Cooked. In order to preserve the integrity of the dish, some items may come par cooked