



**CHEF B. MEALS**  
**WEEKLY MEAL**  
**PREP**  
Week of 4/24

## ENTREES

### Chicken

***Sautéed Chicken and Apples with Rosemary***  
**(GF,NF,SF) \*PC\***

The apple is sliced and sautéed with onions, then some rosemary. Seasoned chicken tenderloins are seared in the pan and everything cooks together with a splash of apple cider vinegar to really help bring home the flavors.

**Recommended Pairing: Spring Vegetable and Sunflower Panzanella**

### Beef

***Bobotie (F) (SF)***

This would be a hot contender for South Africa's national dish! Not your typical meatloaf. A mix of ground beef and ground lamb spiced with a touch of curry, turmeric and other Indian spices.

**Recommended pairing: Portabello Mushroom Stir-Fry**

### Pork

***Pulled Pork Sandwich (GF,NF,SF)***

A good pulled pork sandwich makes me happy down to my toes. It's porky and rich, tossed with just enough sauce to tickle the ol' taste buds.

We serve it with pickles and thinly sliced onion on brioche buns. Get some paper napkins ready!

**Recommended Pairing: Apple Slaw**

### Seafood

***Cod and Potato Cakes with Roasted Garlic Aioli***  
**(F) (GF,NF,SF)**

Think of a brandade but in a crispy cake form. Its crispy yet light and flaky inside.

**Recommended pairing: Parmesan Bread Pudding with Broccoli Rabe and Pancetta**

### Wild Card

***Grilled Lamb Chops with Cucumber Relish***  
**(GF,DF,SF) \*PC\***

The spring-meets-summer quality of this recipe always makes me happy, as grilled lamb chops are seasoned lightly and then served up with a lemony cucumber relish complete with raisins, pine nuts and mint. Option: available uncooked and you grill them yourself.

**Recommended pairing: Potato Salad with Grilled Kale**

### Something Simple

***Salmon Salad with Herbed Yogurt over Grilled Flatbread***  
**(NF,SF)**

This is a great springtime recipe, with a bed of spring greens, white beans and English cucumber topped with beautifully seared salmon. It's all topped with a Greek yogurt dressing flavored with lemon and dill.

**Recommended pairing: Fruit Salad w/ Lavender-Mint Syrup**

### Kids Corner

***Broccoli and Cheddar Mac N Cheese (F) (NF,SF)***

This dish basically combines two of my childhood favorites (mac and cheese and broccoli cheddar soup) into one glorious dish. It has that gooey cheesy irresistible mac and cheese texture with the creamy deliciousness of broccoli cheddar soup. WIN!



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## SIDES

### Sweet Tooth

#### *Nana's Apple Pie (F) (NF,SF)*

There's nothing better than the smell of the fresh apple pie baking in the oven. It signifies the start of cozy fall days, and it's the ultimate dessert to kick off the season.

### Spring Vegetable and Sunflower Panzanella (NF,SF)

A classic panzanella salad includes toasted bread and fresh tomatoes. We twisted the recipe by adding English peas, toasted sunflower bread croutons, persian cucumbers tossed with a fresh made dressing with greek yogurt and red wine vinegar.

### Portobello Mushroom Stir-Fry (GF,DF,NF)

Flavorful, satisfying Portobello mushroom stir-fry with red bell pepper, broccolini and a couple of other vegetables. It's hearty, flavorful, vegetable-packed, healthy, simple and delicious!

### Apple Slaw (GF,SF)

This not your traditional slaw. Chef Bernard and I perfected this recipe when working as culinary consultants at Sonoma Cellar in Alexandria, VA. These are the ingredients making this slaw so good: cabbage, red onion, apple, pickled jalapeno, golden raisins, toasted slivered almonds, chopped mint, a touch of honey and very little mayonnaise

### Parmesan Bread Pudding with Broccoli Rabe and Pancetta (F) (NF,SF)

Comfort in a bowl, this bread pudding is not like the sweet dessert. Country-style bread is toasted and then tossed in a savory custard with parmesan, the ultimate flavor enhancer. Pancetta brings an elevated savory note and the broccoli rabe brings a nutritious element to this decadent side dish.

### Potato Salad with Grilled Kale (GF,DF,NF,SF)

Australian potato salad? We didn't know it existed, but when you swap mayo for a tangy vinaigrette and add charred greens, magic happens.

### Fruit Salad with Lavender-Mint Syrup (GF,DF,NF,SF)

Strawberry, kiwi, cantaloupe, pineapple, blueberry, and grapes are tossed in a homemade lavender-mint syrup!

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

Symbol Guide:

GF= Gluten Free

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