



MEAL PREP & PROVISIONS

HOMESTYLE ROAST CHICKEN DINNER

CONTENTS:

- ½ PAN ROASTED LEMON CHICKEN
- ½ OZ SOUFFLE FLAKE SALT
- ½ PAN MASHED POTATOES
- ½ PAN CHARRED HARICOT VERTS
- 2 OZ SOUFFLE TOASTED CHOPPED ALMONDS
- ½ PINT OF LEMON WEDGES
- ½ PAN CHICORY SALAD
- ½ PINT FIG AND BALSAMIC VINAIGRETTE

DIRECTIONS: (SERVES 4-6)

- PREHEAT OVEN TO 350°F
- LEMON ROASTED CHICKEN: BAKE CHICKEN IN PAN WITH LID ON FOR 20 MINUTES. REMOVE LID AND CONTINUE TO BAKE AN ADDITIONAL 15 MINUTES UNTIL INTERNAL TEMPERATURE REACHES 155°F. FINISH WITH A SQUEEZE OF THE GRILLED LEMON, FLAKE SEA SALT, AND TRANSFER TO YOUR FAVORITE SERVING PLATTER.
- MASHED POTATOES: PLACE ENTIRE PAN INTO OVEN WITH LID ON AND BAKE 20 MINUTES. REMOVE LID AND CONTINUE TO HEAT UNTIL PUREE IS HOT THROUGHOUT.
- HARICOT VERTS: REMOVE LID FROM BEANS AND PLACE IN OVEN TO BAKE UNTIL WARMED THROUGH, ABOUT 10 MINUTES. REMOVE FROM OVEN AND GARNISH WITH TOASTED ALMONDS, FLAKE SALT AND A SQUEEZE OF FRESH LEMON.
- SALAD: TOSS SALAD WITH VINAIGRETTE AND FLAKE SEA SALT. ENJOY!



MEAL PREP & PROVISIONS

JAPANESE BENTO BOX

DIRECTIONS: (SERVES 4-6)

- PREHEAT OVEN TO 350°F
- CHICKEN TERIYAKI: ADD PAN TO OVEN, COVERED, AND BAKE FOR 20 MINUTES. REMOVE LID FROM CHICKEN AND BAKE IN OVEN FOR 15 MINUTES, UNTIL THE INTERNAL TEMPERATURE REACHES 155°F.
- VEGETABLE STIR FRIED BROWN RICE: REMOVE LID FROM PAN AND HEAT IN OVEN, UNCOVERED, FOR 20-25 MINUTES. MAKE SURE TO STIR THE RICE HALFWAY THROUGH WHILE STILL IN THE OVEN. REMOVE FROM PAN, AND PLACE ON A SERVING PLATTER. TOP WITH SLICED CHICKEN AND SLICED SCALLION GARNISH.
- CELERY, CUCUMBER SESAME SALAD AND ASIAN SLAW: TRANSFER TO YOUR FAVORITE SERVING BOWL AND ENJOY!

CONTENTS:

- ½ PAN TERIYAKI GLAZED CHICKEN BREASTS
- ½ PINT SLICED SCALLIONS
- ½ PAN STIR FRIED BROWN RICE
- 1 QUART CELERY & CUCUMBER SALAD
- 1 QUART ASIAN STYLE CABBAGE SLAW



MEAL PREP & PROVISIONS

MEDITERRANEAN MEZE DINNER

CONTENTS:

- ½ PAN HERB RUBBED CHICKEN BREAST
- 1 BAG CHARRED PITA BREAD
- 1 QT QUINOA TABBOULEH
- 1 PINT CUCUMBER TZATZIKI
- 1 PINT HUMMUS WITH CHICKPEAS
- 1 QT TOMATO, CUCUMBER & MINT SALAD

DIRECTIONS: (SERVES 4-6)

- PREHEAT OVEN TO 350°F
- YEMEN HERB RUBBED CHICKEN BREAST: ADD PAN TO OVEN, COVERED, AND BAKE FOR 20 MINUTES. REMOVE LID AND BAKE FOR AN ADDITIONAL 15 MINUTES, UNTIL THE INTERNAL TEMPERATURE REACHES 155°F.
- CHARRED PITA BREAD: REMOVE PITA FROM BAG AND PLACE DIRECTLY ON THE RACKS IN THE OVEN. BAKE FOR 5-10 MINUTES UNTIL THEY ARE WARMED THROUGH.
- QUINOA TABBOULEH, CUCUMBER TZATZIKI, CHICKPEA HUMMUS, & TOMATO, CUCUMBER, MINT SALAD: TRANSFER SPREADS AND SALADS TO SHARE PLATES AND BOWLS FOR A MEZE FEAST.



MEAL PREP & PROVISIONS

FRESH FIESTA TACO NIGHT

CONTENTS:

- CHICKEN AND CARNITAS
- SALSA ROJA
- PICO DE GALLO
- SHREDDED CHEDDAR
- SOUR CREAM
- SERVED WITH RICE AND BEANS

DIRECTIONS: (SERVES 4-6)

- RICE AND BEANS: PLACE PAN INTO 350°F OVEN WITH LID ON FOR 20 MINUTES OR UNTIL PRODUCT REACHES 185°F (CHECK WITH THERMOMETER). REMOVE LID AND HEAT AN ADDITIONAL 5 MINUTES.
- CHICKEN AND PORK: HEAT SEPARATE IN SAUTÉ PAN ON MEDIUM HEAT UNTIL COMPLETELY HOT ALL THE WAY THROUGH. USE A SPLASH OF WATER TO GET A BIT OF STEAM TO HELP THE PROCESS, ADJUST SEASONING AS DESIRED.
- TORTILLAS: USING SAUTÉ PAN AND A TEASPOON OF OIL, HEAT EACH TORTILLA AND STACK IN A BOWL, COVER WITH A DAMP CLOTH.
- USE CHILLED TOPPINGS AS DESIRED.



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