Avery Tofu Miso Ginger Ramen

Ramen Preparation
1. Heat ramen soup broth in a small pot or in a microwave safe bowl.
2. In a small pot, heat water and bring to a boil. Place noodles in boiling water for 45 seconds to 1 minute. Drain.
3. Place noodles in a large soup bowl. Add tofu, shiitake mushrooms, steamed spinach, corn, half egg, over noodles.
4. Being sure to coat all ramen condiments, pour hot soup base over condiments and noodles. This will ensure the condiments are heated.
5. Garnish with green onions and roasted seaweed, and enjoy with Ginger Sesame Salad!

Ginger Sesame Salad

Ingredients:
- Miso ramen soup broth
- Fresh tofu, cubed
- Frozen ramen noodles
- Green onions
- Roasted seaweed
- Marinated shiitake mushrooms
- Steamed spinach
- Corn
- Marinated hard boiled egg, cut in half lengthwise
- Ginger sesame salad

Serves 2
Allergens: wheat, sesame, soy
Avery Shoyu Pork Belly Ramen
Ginger Sesame Salad

**Serves 2**
**Allergens:** wheat, sesame, soy, egg

**Ingredients:**
Shoyu ramen soup broth
Sliced roasted pork belly
Frozen ramen noodles
Green onions
Roasted seaweed
Marinated shiitake mushrooms
Steamed spinach
Corn
Marinated hard boiled eggs, cut in half lengthwise
Ginger sesame salad

**Ramen Preparation**
1. Heat ramen soup broth in a small pot or in a microwave safe bowl.
2. In a small pot, heat water and bring to a boil. Place noodles in boiling wa-
ter for 45 seconds to 1 minute. Drain.
3. Place noodles in a large soup bowl. Layer sliced pork belly, shiitake mush-
rooms, steamed spinach, corn, & eggs, over noodles.
4. Being sure to coat all ramen condiments, pour hot soup base over condi-
ments and noodles. This will ensure the condiments are heated.
5. Garnish with green onions and roasted seaweed, and enjoy with Ginger
Sesame Salad!
**Beef Meatloaf & Gravy**

Glazed Carrots, Mashed Potatoes

*Serves 2*

**Allergens:** wheat, egg, dairy

---

**Ingredients:**

- Ground beef
- Egg
- Onion, minced
- 1 Carrot, minced
- Celery, minced
- Meatloaf dry mix
- Meatloaf sauce mix
- Panko
- Potatoes, peeled, diced
- Milk
- Butter
- 2 Carrots, peeled, sliced
- Parsley, chopped
- Vegetable oil
- Brown sugar
- Salt
- Beef gravy

---

**Beef Meatloaf**

1. Preheat oven to 400 degrees.
2. In a medium bowl, combine first 8 ingredients well. Place in a loaf pan or mold into a loaf on a parchment lined sheet pan. Ensure there are no lumps or air pockets. Cover and bake in oven for 30 minutes. Uncover and cook for an additional 30 minutes. Remove from oven and let sit 6 to 8 minutes before slicing.

---

**Mashed Potato**

1. Placed diced potatoes in a medium pot. Add enough cold water to cover the potatoes. Add salt to taste and heat over high heat. Once water comes to a boil, reduce heat to a simmer.
2. When potatoes are easily pierced with a fork, drain and place potatoes back into the pot. Add milk, half of butter, and salt to taste. Over low heat, mash potatoes to desired consistency.

---

**Glazed Parsled Carrots**

1. Add a little oil to a medium sauté pan. Heat over medium heat. Add sliced carrots and sauté for 2 minutes. Make sure carrots cook evenly on both sides without browning.
2. Add remaining butter and brown sugar and continue cooking until desired doneness. Season with salt to taste.
3. Finish with chopped parsley.
4. Plate mashed potatoes, carrots, and meatloaf. Serve with heated gravy.
Chandler Chicken or Gardein “Chik’n” Taco Bar
Spanish Rice & Beans + Mexican Caesar Salad

Serves 2
Allergens: dairy, wheat (bunuelos), soy (gardein)

Ingredients:
Seasoned, cooked taco bar chicken
Spanish rice
Black beans
Corn tortillas
Shredded cheddar cheese
Sour cream
Guacamole
Roasted red chili salsa
Cilantro & onion mix
Mexican Caesar Salad with Pepitas & Cilantro Lime Dressing
Cinnamon & sugar bunuelos (dessert)

Chicken, Spanish Rice & Black Beans
1. Empty contents into separate microwave containers, or heat each separately over the stove. If heating the rice over the stovetop, please place a small amount of water or oil in the bottom of the fry pan and stir constantly to avoid scorching rice.

Corn Tortillas
1. Heat corn tortillas in a dry fry pan, flipping occasionally. Otherwise, you can place the tortillas on a plate and cover tightly with plastic wrap, and microwave for 20 to 30 seconds, or until warm.

Enjoy tacos with assorted toppings, rice, beans, salad, and bunuelos!
Pasta Dinner Preparation:
1. Boil water in a medium pot. Season water with salt.
3. Place beef ragu in a microwaveable bowl. Place in microwave for 3 minutes, stirring every minute. Continue heating until ragu is heated through evenly. You can also pour the ragu into a small pot and heat over the stove top.
4. Place garlic toast in a toaster oven or conventional oven. Toast at 350 degrees until golden brown.
5. Plate pasta and serve with beef ragu with shredded parmesan and garlic toast. Serve with salad.

Chandler Beef Ragu
Texas Garlic Toast + Romaine Salad

Serves 2
Allergens: wheat, dairy, soy (also available Gluten-Free)

Ingredients:
Pasta (GF alternative available)
Beef ragu
Shredded parmesan cheese
Texas garlic toast (GF alternative available)
Olive oil
Salt
Romaine salad
Nicoise Salad with Salmon
Focaccia Bread

Serves 2
Allergens: fish, dressing - soy, focaccia - wheat

Ingredients:
Spring mix
Seared salmon
Green beans
Red onions, sliced thin
Cherry tomatoes, cut in quarters
Kalamata olives
Egg, cut in halves
Red potatoes, cut in quarters
Champagne vinaigrette (soy)

Hash
1. Plate spring mix on center of plates.
2. Garnish salad according to picture.
4. Enjoy!
Paprika Tofu, Yam & Turnip Hash
Sliced Cucumbers, Cherry Tomatoes

Serves 2
Allergens: Soy

Ingredients:
Yam, peeled, small diced
Turnip, peeled, small diced
Onion, peeled, small diced
Garlic, minced
Paprika
Poblano chili, stem removed, seeded, small diced
Jalapeno, stem removed, seeded, minced (optional)
Green onion, stem removed, chopped
Lemon
Cilantro, chopped
Tofu
Salt
Pepper
Vegetable oil
Cucumber, peeled, sliced
Cherry tomatoes, quartered

Hash
1. Over medium heat, pre-heat pan. When hot, add oil, and continue to heat pan until oil becomes hot.
2. Add yams and turnips, cooking them on all sides.
3. When yams and turnips are half way cooked, add tofu, garlic, yellow onions, poblano chili, and jalapenos. Continue to sauté until tender and ingredients begin to caramelize. Add paprika. Toss to coat. Season with salt & pepper to taste.
4. Finish with cilantro, green onion, and juice from half lemon. Toss well.
5. Serve with sliced cucumbers and cherry tomatoes.
Chicken Kabob
1. Preheat oven to 400 degrees.
2. In a small bowl, combine cubed chicken with yogurt marinade. Cover and refrigerate for 2 hours or overnight.
3. Cut onion into two even pieces. Reserve one piece for the cucumber salad. Cube the other piece into at least 8 large pieces for the skewers.
4. Skewer chicken as follows, onion, chicken, bell pepper, chicken, onion, chicken, bell pepper, chicken. Do the same for all 4 skewers.
5. Place skewers on a nonstick sheet pan, or line pan with parchment paper. Place in an oven for 30 minutes or until cooked through.

Basmati Rice
1. In a small pot, add 1 cup of water to rice, cover and simmer on low heat for 10 to 12 minutes until rice is fully cooked and can be fluffed with a fork.

Cucumber Salad
1. Chop remaining onion into small dice.
2. In a medium bowl, toss together cucumber, tomatoes, onion, herbs, lemon juice, olive oil, and season with salt & pepper to taste.
Shrimp Scampi

Roasted Broccoli with Sliced Almonds

Serves 2
Allergens: dairy, seafood, tree nuts, wheat

Ingredients:
Shrimp
Fettuccini
Butter
Garlic cloves, minced
White wine
Parmesan cheese
Basil, chopped
Parsley, chopped
Broccoli, cut into florets
Sliced Almonds
Salt
Pepper
Olive oil
Lemon, cut into wedges

Pasta
1. Boil water in a medium pot. Season water with salt.
2. Add pasta to boiling water. Let cook until al dente. Drain.

Roasted Broccoli with Sliced Almonds
1. Preheat oven to 400 degrees.
3. Place on a lined sheet pan and roast for 10 to 12 minutes.
4. Remove from oven and toss with sliced almonds.

Shrimp Scampi
1. Over medium heat, heat remaining olive oil. Add garlic and shrimp. Sauté briefly for 1 minute. Add butter and continue to sauté for an additional minute.
2. Add wine and herbs, and continue to sauté for 4 minutes. Stirring to emulsify the white wine & butter mixture.
3. Season with salt & pepper to taste.
4. Add cooked pasta, and combine well. Season to taste. Serve with roasted broccoli, parmesan cheese, and lemon wedges.