



MEAL PLAN 17.29 Recipe Compilation *July 19th, 2017*

Chili Lime "Pollo Asado" – Barbecued Chicken

Yields: 160P

Ingredient List:

- **4 Whole Chickens, halved**
- **1/3 Cup Chili Powder**
- **12 Limes, zested and halved**
- **1/2 Bunch Cilantro, chopped**
- **1 Cup Garlic, minced**
- **1/4 Cup Olive Oil**
- **Kosher Salt, to taste**
- **Ground Black Pepper, to taste**

Preparation Instructions:

1. Combine Chicken, Chili Powder, Lime Zest, Garlic, Cilantro, and Olive Oil in a large container. Season lightly with Salt and Pepper and mix well hands until Chicken is uniformly covered in marinade.
2. Marinate for 30 minutes or up to 24 hours.
3. Preheat your grill to 300°F, using lump charcoal if possible.
4. Lay chicken halves on a sheet pan, skin side up and season with Salt and Pepper. Then, place, seasoned/skin side down onto the grill.

5. You will have 24 lime halves; divide them into 6 groups. This will allow you to squeeze lime juice over the chicken three times on each side throughout the cooking process. Do so now and twice more before turning chicken.
6. Cook with lid on grill to maintain a temperature between 250° and 300°F.
7. Once bottom side is nicely browned and you have squeezed lime juice over it 3 times, salt the top side and then flip over.
8. Continue with the lime juice and cook until the thickest part of the breast reaches an internal temperature of 165°F.
9. Allow chicken to rest for a few minutes and then share with your friends!
10. This is a great make a head protein option. It can be stored in the fridge for up to 7 days or in the freezer for up to six months. If you are going to freeze it, do so immediately. Do not allow it to sit in the fridge for 7 days and then put it in the freezer. That would be silly.

Beef with Broccoli

Yields: 20P, 6C, 9F

Ingredient List:

- **1 tablespoons olive oil**
- **2 tablespoons fresh ginger, peeled and minced**
- **6-8 cloves fresh garlic, smashed and minced**
- **1.5 pounds stir fry beef (flank or skirt cut cross grain into strips) You can find "Stir Fry Beef" in the meat cooler.**
- **2 oz. Tamari or Coconut Aminos**
- **1 tablespoon honey**
- **1 tablespoon rice wine vinegar**
- **1 yellow onion, julienned**
- **1 cup red bell pepper, julienned**
- **1 crown broccoli, cut into small florets**

Preparation Instructions:

1. Marinate beef strips in Tamari, honey and rice wine vinegar for a minimum of 1 hour or as long as 24 hours.
2. Heat a 14" skillet over medium-high heat.
3. Add olive oil and ginger and cook for 30 seconds, then, add garlic and stir constantly until garlic begins to toast.
4. Add marinated beef to the pan, turn heat to high and allow to cook without stirring for 4 minutes.
5. Stir the beef and continue cooking until all of them moisture evaporates from the pan. The goal is to develop a dark brown, caramelized coating on the meat. When this is achieved, transfer it to a plate and set aside.

6. Return the pan to the burner and add a little more olive oil and the onions, peppers, and broccoli. Stir fry them until crisp and colorful, or whatever your desired veggie texture is. This should take less than 5 minutes.
7. When the veggies are where you want them, add the beef back to pan, toss with the veggies, cut the heat and serve!
8. Pair with my [Cauliflower Fried Rice](#) and enjoy!

Chipotle Mango Baby Back Ribs

Yields: 67P, 8C, 0F

Ingredient List:

- **3 Racks Baby Back Ribs, rinsed and scored on the back side**
- **6 Quarts Water**
- **1 Handful Kosher Salt**
- **1/2 Cup Pickling Spice**
- **1 Cup Tomato Sauce**
- **3 Cloves Garlic**
- **1/2 Red Onion**
- **1/2 Mango, peeled and pitted**
- **1 Chipotle Pepper plus 2 Tablespoons Adobo Sauce (to your liking)**
- **Ponzu, to taste (optional)**
- **Honey, to garnish**
- **5 Scallions, Asian Bias Cut (ABC)**
- **Toasted Sesame Seeds (Ajonjoli), to garnish**

Preparation Instructions:

1. Bring water, Kosher salt and pickling spice to a simmer.
2. Lay ribs in a 2" hotel pan and pour simmering water/spice mixture over ribs.
3. Cover pan with foil and roast in the oven at 350° F for 90-120 minutes or until tender.
4. Remove ribs from oven and allow them to cool in the liquid for 20 minutes.
5. While ribs are cooking prepare the sauce by combining tomato sauce, garlic, onion, mango, chipotle in adobo, and ponzu in a blender. Blend until smooth and season to your liking with honey, salt and pepper.
6. Remove ribs from liquid and cut between each bone.
7. Place ribs on a foil lined sheet pan and dress with sauce.
8. Return to the oven and broil on high for 5-10 minutes.
9. Remove from oven, stack ribs like Lincoln Logs on a plate and garnish with scallions, honey and ajonjoli (sesame seeds). Say ajonjoli over and over because it is fun!

Shrimp and Sausage Stuffed Zucchini

Yields: 16P, 3C, +F if you add the mayo

Ingredient List:

- **3 zucchini, cut in half the long way and scooped out**
- **1 egg**
- **12oz, hot Italian sausage**
- **12oz wild caught shrimp, roughly chopped**
- **Salsa Chipotle, Massie's Mayo and fresh Cilantro as garnish**

Preparation Instructions:

1. Place zucchini boats on a foil lined sheet pan and season with kosher salt, pepper and olive oil.
2. Roast in a preheated 350°F oven for 10 minutes.
3. While zucchini boats are roasting, mix one egg, 12 ounces hot Italian sausage, and 12 ounces roughly chopped wild shrimp in a mixing bowl.
4. Remove zucchini from the oven and stuff with shrimp and sausage mixture.
5. Return the pan to the oven and roast for 15 minutes or until the stuffing reaches an internal temp of 165°F.
6. Transfer stuffed zucchini to individual plates, or a large platter if you're serving family-style, top with salsa chipotle, mayo, and fresh cilantro and enjoy!

Salsa Chipotle

Yields: 5C

Ingredient List:

- **7oz. Can of Chipotle in Adobo**
- **14oz. Crushed Tomatoes**
- **1 Medium Onion, large dice**
- **Juice of 2 Limes**
- **1 Handful Fresh Cilantro, rinsed (approximately half of one large bunch)**
- **10oz. Water**
- **1.5 Teaspoons Kosher Salt (to taste)**

Preparation Instructions:

1. Combine all ingredients in a blender and blend on high until smooth.
2. Tone down heat by adding more lime juice or tomato product.
3. Season with Kosher salt to your liking.
4. Refrigerate for up to two weeks, or freeze for up to six months.

Massie Mayo

****if not needed change 1 to 0 on grocery list***

Yields: 2P, 288F - makes about 2 cups

Ingredient List:

- **1 egg plus one yolk**
- **1 teaspoon granulated garlic**
- **1 teaspoon Dijon mustard, or ground mustard**
- **Juice of ½ lemon**
- **2 cups extra light olive oil (DO NOT USE EXTRA VIRGIN!!!)**
- **Kosher salt, to taste**

Preparation Instructions: (Mayo)

1. Add eggs, garlic, Dijon and lemon juice to a food processor, blender, or a mixing bowl.
2. Turn on the food processor or blender and slowly drizzle in olive oil making sure it is emulsified (creamy looking) as you go. If using a mixing bowl, whisk like a mad man/woman and also be sure to maintain emulsion.
3. Once all olive oil has been added, test the mayo for flavor. Add salt as desired.
4. Use a rubber spatula to transfer to a zip loc bag, then, cut a small hole in the corner of the bag and pipe the mayo into a squeeze bottle. Stores in the fridge for 2-3 weeks.