



# Cooking with OFS

## Recipe

## Spiced Chicken Tacos



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

#### FOR THE TACOS

- 3 tbsp. extra-virgin olive oil
- 4 boneless skinless chicken breasts, cut into 1" strips
- Salt to taste
- Freshly ground black pepper
- 2 tsp. chili powder
- 2 tsp. cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. paprika
- 1/4 tsp. cayenne
- 8 corn tortillas, warmed

#### TOPPINGS

- Thinly sliced red onion
- Diced tomatoes
- Shredded Monterey Jack
- Diced avocados
- Fresh cilantro
- Lime wedges

### Directions:

- In a large skillet over medium heat, heat oil. Season chicken with salt and pepper and add to skillet. Cook until golden, 6 minutes.
- Add water to the spice mixture before adding to the chicken.
- Juliened red pepper & fresh crushed garlic!
- Add spices and stir until coated, 1 minute more.
- Build tacos: In tortillas, layer chicken and desired toppings. Serve with lime wedges.



# Cooking with OFS

<b>Recipe</b>	<b>Summer Rolls With Peanut Dipping Sauce</b>
---------------	---

 <b>For # people</b>	6 servings	 <b>Cooking time</b>	1 hours and 30 minutes
--	------------	---	------------------------

## Ingredients:

### FOR SUMMER ROLLS:

- 3 oz. rice vermicelli noodles
- 12 large shrimp. peeled and deveined
- 1 large carrot, julienned
- 2 Persian cucumbers, julienned
- 2 cups. Napa cabbage, thinly sliced
- 1 tbsp. fish sauce
- 1 tbsp. brown sugar
- 1/4 cup rice vinegar
- 12 large rice paper sheets
- 2 tbsp. black sesame seeds
- 12 fresh mint leaves
- 12 fresh basil leaves.

### FOR PEANUT SAUCE:

- 1/2 cup smooth peanut butter
- 1 tbsp. low-sodium soy sauce
- 2 tbsp. rice vinegar
- 1 clove garlic, grated
- 1 tbsp. freshly grated ginger
- 4 tbsp. boiling water
- 1/4 cup crushed, toasted peanuts, for serving
- 1 tbsp. brown sugar.

## Directions:

- Place noodles in medium heatproof bowl, cover with boiling water; let stand about 5 minutes or until just tender, drain. Using kitchen scissors, cut noodles into random lengths.
- Meanwhile, poach shrimp in salted boiling water until they just become pink and opaque. Rinse under cold water, then slice in half lengthwise.
- In a medium bowl, mix noodles, carrot, cucumber, cabbage, fish sauce, sugar, and vinegar; toss gently to combine.
- To assemble rolls, place a sheet of rice paper in medium bowl of warm water until just softened; lift sheet carefully from water, placing it on a tea-towel-covered board with a corner point facing towards you. Place some of the vegetable filling horizontally in center of sheet, top with one mint leaf, one basil leaf, 3 shrimp halves, and sesame seeds. Fold corner point facing you up over filling; roll sheet to enclose filling, folding in sides after first complete turn of roll. Repeat with remaining sheets.

### FOR PEANUT SAUCE:

- Whisk peanut butter, soy sauce, vinegar, garlic, ginger, and boiling water until smooth. Top with peanuts and sesame seeds and serve alongside rolls.



# Cooking with OFS

Recipe

## Caprese Zoodles Salad



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- 4 large zucchini
- 2 tbsp. extra-virgin olive oil
- salt
- 1 can(540ml) cannellini beans
- Freshly ground black pepper
- 2 cups cherry tomatoes, halved
- 1 cup mozzarella balls, quartered if large
- 1/4 cup fresh basil leaves
- 2 tbsp. balsamic vinegar

### Directions:

- Using a spiralizer or with a knife create zoodles out of zucchini.
- Add zoodles to a large bowl, toss with olive oil and season with salt and pepper. Let marinate 15 minutes.
- Add tomatoes, mozzarella, beans and basil to zoodles and toss until combined.
- Drizzle with balsamic and serve.



# Cooking with OFS

## Recipe

## Blackened Tilapia



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

#### FOR TILAPIA

- 2 tbsp. packed brown sugar
- 4 tsp. ground cumin
- 2 tsp. salt
- 2 tsp. paprika
- 2 tsp. dried oregano
- 1 tsp. freshly ground black pepper
- 1 tsp. garlic powder
- 4 tilapia filets
- 2 tbsp. extra-virgin olive oilXXXX

#### FOR AVOCADO SALSA

- 2 avocados, diced
- 2 small tomatoes, diced
- 1 jalapeño, minced
- 2 tbsp. chopped cilantro
- 2 tbsp. extra-virgin olive oil
- Juice of 1 lime
- salt
- Freshly ground black pepperXXXXXX

### Directions:

- In a small bowl, combine brown sugar and spices. Rub spice mix all over tilapia.
- In a large cast-iron skillet over medium heat, heat oil. Add tilapia and cook until crust is deeply golden and fish flakes easily with a fork, 2 to 3 minutes per side.
- In a medium bowl, toss avocado, tomato, jalapeño, and cilantro. Add oil and lime juice and season with salt and pepper.
- Serve tilapia topped with avocado salsa.



# Cooking with OFS

Recipe

## Best-Ever Gazpacho



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- 2 lb. tomatoes, quartered
- 2 Persian cucumbers, peeled and chopped
- 1/2 red bell pepper, chopped
- 1 clove garlic, roughly chopped
- 2 tbsp. red wine vinegar
- 1 cup water
- 1/3 cup extra-virgin olive oil, plus more for garnish
- salt
- Freshly ground black pepper
- 2 slices bread, cubed
- 2 tbsp. thinly sliced fresh basil

### Directions:

- Combine tomatoes, cucumbers, pepper, garlic, vinegar, and water in the bowl of a food processor or blender. Blend until smooth, then add olive oil and blend to combine. Taste and season with salt, pepper, and more vinegar if needed. Cover and refrigerate until chilled.
- Meanwhile, in a large skillet over medium heat, add enough olive oil to coat the bottom of the pan. Add cubed bread and cook, stirring occasionally, until bread is golden and crisp. Remove from heat, season with salt, and let cool.
- To serve, divide soup among bowls and top with basil, croutons, and a drizzle of olive oil.



# Cooking with OFS

Recipe

## Corn and black beans Salad



For # people

6 servings



Cooking time

30 minutes

### Ingredients:

- 4 cup fresh or frozen corn, defrosted
- 1 cup cherry tomatoes, halved
- 1/3 cup crumbled feta
- 1 small red onion, finely chopped
- 1 can (540ml) black beans drained and rinsed.
- 1/4 cup fresh basil, thinly sliced
- 3 tbsp. extra-virgin olive oil
- Juice of 1 lime
- Kosher salt
- Freshly ground black pepper.

### Directions:

- Boil corn and let it get cold.
- Toss all ingredients together in a large bowl, then season with oil, lime juice, fresh basil, salt and pepper.



# Cooking with OFS

Recipe

## CARROT LENTIL SOUP



For # people

4 servings



Cooking time

40 minutes

### Ingredients:

- 1 tablespoon canola oil
  - 3 carrots sliced
  - 2 onions chopped
  - 2 cloves garlic minced
  - 1 tablespoon minced gingerroot
  - 1 teaspoon ground cumin
  - 1/2 teaspoon salt
  - 1/4 teaspoon pepper
  - 6 cups vegetable stock or chicken stock
  - 3/4 cups red lentils
- Garnish:**
- 2 tablespoons chopped fresh coriander
  - 2 tablespoons chopped parsley
  - 1/2 cup plain low-fat yogurt

### Directions:

- In large saucepan, heat oil over medium heat; cook carrots, onions, garlic, ginger, cumin, salt and pepper, stirring often, until onions are softened, 5 minutes.
- Add stock and lentils; bring to boil. Reduce heat, cover and simmer until carrots and lentils are tender, 15 to 20 minutes.
- In batches, transfer lentil mixture to blender or food processor; puree until smooth. Return to pan and heat through.

### Garnish:

- Ladle soup into bowls. Stir coriander into yogurt; swirl or dollop onto each serving.
- Serve with Hawaiian Grilled Cheese.