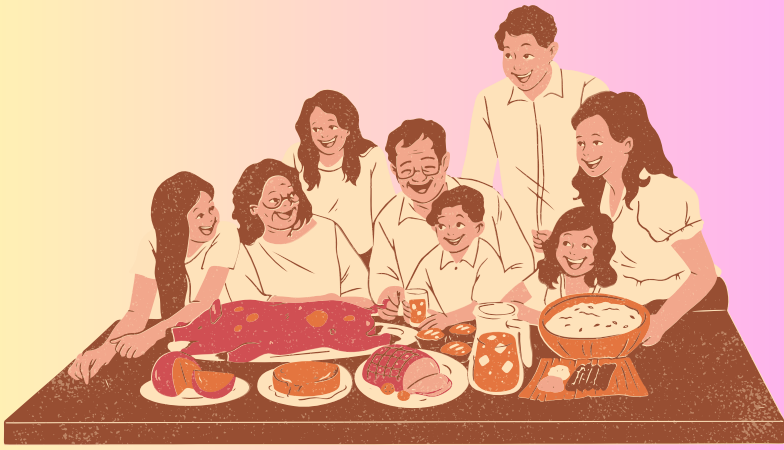


Complete Comfort

ENJOYING THE PEOPLE
AROUND YOU WITH
THESE 8 RECIPES



OrangeTurtle



SLOWS YOU DOWN – ENCOURAGES SITTING AT THE TABLE, SAVORING EACH BITE, AND ENJOYING TIME WITH LOVED ONES.



COCONUT CURRY FISH

INGREDIENTS:

- 4 WHITE FISH FILLETS (COD OR SNAPPER)
- 1 CAN COCONUT MILK
- 1 TBSP CURRY POWDER
- 1 ONION (CHOPPED)
- 1 TOMATO (DICED)
- 2 CLOVES GARLIC (MINCED)

INSTRUCTIONS:

SAUTÉ ONION AND GARLIC IN A PAN, ADD CURRY POWDER AND TOMATOES.

POUR IN COCONUT MILK AND SIMMER FOR 5 MINUTES. ADD FISH FILLETS, COVER, AND COOK FOR 10 MINUTES. SERVE WITH JASMINE RICE.



LEMON HERB GRILLED TROUT

INGREDIENTS:

- 2 WHOLE TROUT, CLEANED
- 2 LEMONS (SLICED)
- 3 TBSP OLIVE OIL
- 1 TBSP DRIED OREGANO
- SALT AND PEPPER

INSTRUCTIONS:

RUB TROUT WITH OLIVE OIL, OREGANO, SALT, AND PEPPER. STUFF WITH LEMON SLICES AND GRILL FOR 5 MINUTES PER SIDE.

SERVE WITH GRILLED ASPARAGUS AND QUINOA.

GARLIC BUTTER BAKED SALMON

INGREDIENTS:

4 SALMON FILLETS
3 TBSP BUTTER (MELTED)
4 CLOVES GARLIC (MINCED)
1 LEMON (SLICED)
SALT, PEPPER, AND PARSLEY

INSTRUCTIONS:

PREHEAT THE OVEN TO 375°F (190°C).
PLACE SALMON ON A BAKING SHEET. DRIZZLE WITH BUTTER AND GARLIC, SEASON WITH SALT AND PEPPER.
TOP WITH LEMON SLICES AND BAKE FOR 15 MINUTES.
GARNISH WITH PARSLEY AND SERVE WITH ROASTED VEGETABLES OR RICE.



CRISPY PAN-SEARED TILAPIA

INGREDIENTS:

4 TILAPIA FILLETS
1 CUP FLOUR
1 TSP PAPRIKA
SALT AND PEPPER
2 TBSP OLIVE OIL

INSTRUCTIONS:

MIX FLOUR, PAPRIKA, SALT, AND PEPPER IN A BOWL.
DREDGE TILAPIA FILLETS IN THE FLOUR MIXTURE.
HEAT OIL IN A PAN OVER MEDIUM HEAT AND COOK FILLETS FOR 3-4 MINUTES PER SIDE UNTIL GOLDEN.
SERVE WITH MASHED POTATOES AND SAUTÉED GREENS.

STIR-FRY

INGREDIENTS:

1 LB CHICKEN (OR BEEF/SHRIMP), CUT INTO STRIPS
2 CUPS MIXED VEGGIES (BROCCOLI, BELL PEPPERS,
CARROTS)

¼ CUP SOY SAUCE

1 TBSP GARLIC (MINCED)

1 TBSP GINGER (GRATED)

1 TBSP SESAME OIL

INSTRUCTIONS:

HEAT SESAME OIL IN A LARGE PAN OVER MEDIUM-HIGH HEAT.

ADD CHICKEN AND COOK FOR 5-6 MINUTES UNTIL BROWNED. REMOVE FROM THE PAN.

ADD VEGGIES, GARLIC, AND GINGER. STIR-FRY FOR 3-4 MINUTES.

RETURN CHICKEN TO THE PAN, POUR IN SOY SAUCE, AND COOK FOR 2 MORE MINUTES.

SERVE OVER RICE OR NOODLES.



ONE-PAN CHICKEN & VEGGIES

INGREDIENTS:

4 BONELESS, SKINLESS CHICKEN BREASTS

2 CUPS BABY POTATOES, HALVED

2 CUPS BROCCOLI FLORETS (OR OTHER VEGGIES LIKE
CARROTS, BELL PEPPERS)

2 TBSP OLIVE OIL

1 TSP GARLIC POWDER

1 TSP PAPRIKA

SALT & PEPPER TO TASTE

INSTRUCTIONS:

PREHEAT THE OVEN TO 400°F (200°C).

ARRANGE CHICKEN, POTATOES, AND BROCCOLI ON A
BAKING SHEET.

DRIZZLE WITH OLIVE OIL AND SEASON WITH GARLIC
POWDER, PAPRIKA, SALT, AND PEPPER.

TOSS EVERYTHING TO COAT EVENLY.

BAKE FOR 25-30 MINUTES, UNTIL THE CHICKEN IS COOKED
THROUGH AND VEGGIES ARE TENDER.

SERVE WARM AND ENJOY!



SLOPPY JOES

INGREDIENTS:

1 LB GROUND BEEF

½ CUP KETCHUP

2 TBSP WORCESTERSHIRE SAUCE

1 TBSP BROWN SUGAR

½ TSP GARLIC POWDER

4 HAMBURGER BUNS

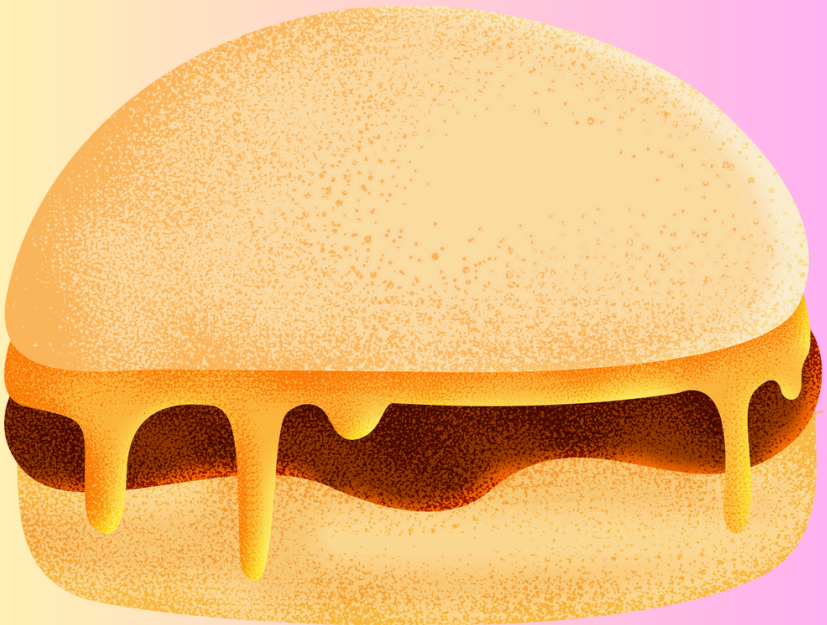
INSTRUCTIONS:

COOK GROUND BEEF IN A SKILLET OVER MEDIUM HEAT UNTIL BROWNE. DRAIN FAT.

ADD KETCHUP, WORCESTERSHIRE SAUCE, BROWN SUGAR, AND GARLIC POWDER.

SIMMER FOR 5 MINUTES UNTIL THICKENED.

SERVE ON TOASTED BUNS.



CHICKEN CAESAR WRAPS

INGREDIENTS:

2 CUPS COOKED, SHREDDED CHICKEN

½ CUP CAESAR DRESSING

2 CUPS ROMAINE LETTUCE (CHOPPED)

½ CUP GRATED PARMESAN CHEESE

4 LARGE TORTILLAS

INSTRUCTIONS:

MIX SHREDDED CHICKEN WITH CAESAR DRESSING.

LAY OUT TORTILLAS, ADD LETTUCE, CHICKEN MIXTURE, AND PARMESAN.

WRAP TIGHTLY, SLICE IN HALF, AND SERVE.





COMFORT FOOD ISN'T JUST ABOUT
TASTE—IT'S ABOUT FEELING AT
HOME, SLOWING DOWN, AND
ENJOYING THE PEOPLE AROUND
YOU. 🍲❤️