Bowls

- Harissa-Spiced Chicken
- Honey Garlic Sausage Sticky Rice
- Sausage and Egg Sunset
- Chicken Taco Bowls

Harissa-Spiced Chicken

This is a 4-portion dish.

Required Ingredients

- 500g Chicken
- 1 Cup of Rice/Couscous
- 1 Onion
- 1 Hothouse tomato
- 110g spinach
- 8 Tbsp Mayonnaise
- 2 Tbsp Harissa Spice
- 2 Tbsp Margarine
- 2Tbsp White Wine Vinegar
- 1-1/2 Tbsp Honey
- 1/2 Tbsp Garlic Powder
- 1/4Tbsp Dill

Directions

- Preheat broiler to High
- Cut Onion into 1/4-inch pieces
  - Add Onion and Margarine to medium pot over medium heat
  - Cook for 2-3 minutes, until softened
  - Add 1Tbsp Harissa spice
  - Cook rice/couscous as per directions, keeping Onions in the pot
- Pat Chicken dry
  - To a large bowl, add Chicken, remaining Harissa spice, and Honey
  - Toss to coat
  - Place chicken on a parchment paper lined baking sheet
  - Broil chicken on middle oven rack for 6 minutes per side
- Cut Tomato into 1/2 inch pieces
- Add all ingredients into a large bowl, and mix
- Bowl and serve!

Honey Garlic Sausage Sticky Rice

Required Ingredients

- 8 sausage
- 2 cups rice
- 2 cups mixed veggies
- 1 Leek
- 3 Tbsp Honey
- 2 Tbsp Black Bean Garlic Sauce
- 2 Tbsp Sriracha
- 1 Tbsp Soy Sauce

Cooking Instructions

- Cook rice in large pot
- Pan-fry Sausage on low heat with light oil. Cover with a lid, and rotate sausage every 5 minutes for 20 minutes
- Remove sausage from heat
- Without draining, add vegetables to pan and increase heat to high
- Cook vegetables until slightly browned, add leeks to soften
- Slice sausage into coins
- Mix sausage, vegetables, and rice
- Add honey, black bean garlic sauce, sriracha, and soy sauce
- Mix thoroughly and serve

Sausage and Egg Sunset

Required Ingredients

- 12 Eggs
- 6 Kale leaves
- 4 Sausages
- 1 Onion
- 1 Pepper
- 1 Pack of Hollandaise mix
  - Milk & Margarine
- 2 Tbsp Greek Spice
- 1 Tbsp Everything Spice
- 500g Tater Tots
- 250g Marble Cheese

Directions

- Lay Tater Tots on a baking sheet and cook in the oven
- Place Sausage in a non-stick pan with a lid at **4** heat, rotating every 4 minutes until cooked
- Chop onion, peppers, and kale
- Add onion and peppers to a wok with 1Tbsp Greek and Everything Spice at **5** heat
- Prepare Hollandaise sauce
- Grate cheese
- Slice sausage
- Once softened, add Kale and Eggs to Wok at **7** heat, and mix until eggs are cooked
- Cut heat
- Remove 1/2 the Wok's contents, and introduce 1/2 the finished Tater Tots
- Layer 1/2 the cheese and Hollandaise sauce
- Add the remaining ingredients to the wok
- Layer remaining cheese and Hollandaise sauce
- Place lid on wok, and warm at heat **3** until cheese is melted

Chicken Taco Bowls

Required Ingredients

Pot Ingredients

- 1.3Kg Chicken
- 2 Cups Rice
- 4 Cups Bone Broth
- 1/3 Cup Taco seasoning
- 300g Red Enchilada Sauce
- 440g Drained Black Beans
- 340G or 2 Cups Corn
- 1/2 head of Kale
- 2 Onions
- 2 Peppers

Sauce Ingredients

- 450g Greek yogurt
- 2 Tbsp Sriracha
- 2 Tbsp Lime juice
- 2 Tbsp Honey
- 1 Tbsp Avacado oil

Directions

- Prep vegetables
- Add Chicken, Taco Seasoning, Red Enchilada Sauce, Black Beans, Corn, Kale, Peppers, Onions to a roast pot
- Cook at 325F for 2 hours
- Cook Rice in Bone Broth
- Make Sriracha sauce by blending yogurt, sriracha, lime juice, honey, and avacado oil
- Shred Chicken
- Mix Rice into Pot
- Serve with Sriracha sauce