



# JESSIE'S ENCHILADAS

\$8- \$10 PER PERSON  
SERVES 6 PPL

## WHAT YOU NEED

### Enchiladas

Avocado or olive oil  
¾ Red onion  
2 Chicken Breasts and/or  
2 cups roasted Sweet Potatoes or Winter Squash  
2 Bell Pepper  
½ can black beans  
6 Tortillas (8 -10 in corn or flour)  
1 cup shredded cheese

### Enchilada Sauce

Olive Oil  
1 cup Vege Stock  
2 tablespoons Tomato paste  
1 tsp Chilli powder  
1 tsp Garlic powder  
1 tsp Cumin  
1 tsp Oregano

### Tex Mex Salad

1 can corn (or fresh)  
½ can black beans  
¼ red onion  
1 head of Lettuce (romaine is best)  
1 bag Corn Chips

### Dressing

1 tablespoon lime juice  
1 tablespoon olive oil  
1 tablespoon honey  
1 tsp paprika  
1 tsp cumin

### Crema

½ cup Sour Cream  
1 tablespoon lime  
Cilantro

## COOKING INSTRUCTIONS

1. Make enchilada sauce, combining all ingredients, adding flour if it needs to thicken.
2. Slice onion, put a bit to the side for the Tex Mex Salad. Slice peppers and fry with onions. Add chicken or roasted squash and cook through. Rinse can of black beans thoroughly and add half the can.
3. Wrap chicken/vege mixture in a tortilla and place into a greased oven dish. Repeat for all 6 tortillas. Top with sauce and cheese and bake for 15 mins at 325F.
4. Combine all Tex Mex Salad ingredients into a bowl.
5. Combine all dressing ingredients together, mixing well to combine.
6. 5 mins before serving, add dressing to salad and top with corn chips
7. Pull hot enchiladas from the oven, top with crema and serve with salad.





# PASTA, CHICKEN & VEGGIES

\$8- \$10 PER PERSON  
SERVES UP TO 4 PPL

## WHAT YOU NEED

- 1 pack of pasta of your choice - penne, spaghetti
- 1 small yellow onion
- 2 cloves of garlic
- 1 Zucchini and/or Pepper
- 1 can crushed tomatoes or prepared pasta sauce
- Italian seasoning
- Salt and pepper
- Parmesan cheese
- Chicken breast or thigh (or soy curls or tofu for Vegan options)
- Baguette / Bread Roll / Garlic Bread

## COOKING INSTRUCTIONS

### Pasta

1. Boil salted water
2. Add dried pasta (cook for 8-12 mins or until desired tenderness, less time for el dente)
3. Strain pasta while keeping some of the water for the sauce

### Sauce

1. Cut onion and add to pot with oil or butter for 3 minutes or translucent on medium to high heat. Add chicken, tofu or soaked soy curls). Stir until cooked through.
2. Add canned tomatoes and spices, or prepared pasta sauce
3. Add chopped veggies
4. Bring to a boil then turn heat to medium and simmer for 10 mins
5. Add sauce to the pasta and top with parmesan cheese, salt and pepper.
6. Cut up baguette for dipping, and enjoy!





## LENTIL DAHL / VEG CURRY ON RICE WITH NAAN.

\$10 - \$15 PER PERSON  
SERVES UP TO 4 PPL

### WHAT YOU NEED

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| 1 tablespoon olive oil or butter      | 14 ounce can diced tomatoes        |
| 1 large yellow onion, chopped small   | 14 ounce can coconut cream or milk |
| 1 clove garlic, minced                | 1 cup vegetable broth              |
| 1 tablespoon fresh ginger, grated     | 1 teaspoon salt, or to taste       |
| 1 tablespoon garam masala             | Lemon, Lime or ACV                 |
| 1 teaspoon ground turmeric            | Spinach (optional)                 |
| 1/2 teaspoon red pepper chilli flakes | Rice                               |
| 1 1/2 cups dried red lentils (rinsed) | Naan                               |

### COOKING INSTRUCTIONS

1. In a large pot or pan over medium heat, sauté the chopped onion in the olive oil for 5 minutes, stirring frequently.
2. Add the garlic and ginger and cook for 1 more minute, until fragrant.
3. Add the garam masala, turmeric and red pepper flakes into the onion mixture and stir. Add a few tablespoons of water if the mixture is too dry.
4. Add the rinsed lentils, canned tomatoes, coconut milk and vegetable broth to the same pan. Stir well and turn the heat to medium high. Bring to a boil, then lower heat and simmer for about 15 minutes, until the lentils are cooked and soft. Stir occasionally.
5. This is a good time to put the rice on, per packet instructions.
6. When rice is ready, turn off heat from dahl, squeeze the lemon juice into the pan, and stir in the spinach.
7. Add salt to taste. Serve on top of the rice with a naan on the side.





## HOMEMADE POUTINE

\$8 - \$10 PER PERSON  
SERVES 2 PPL

### WHAT YOU NEED

- 1-3 Potatoes (russet or yukon gold)
- 1 pack Cheese curds or cubed mozza cheese
- 1 Gravy pack (your choice of flavour) of make from stock, spices, water and flour to thicken.
- 1-2 pieces of pork and/or 5-10 mushrooms (optional)
- 1-2 Spring onions
- Cabbage
- Carrots
- Slaw dressing (mayo, apple cider vinegar, honey)

### COOKING INSTRUCTIONS

1. Set the oven to 425°F.
2. Cut potatoes into desired shapes (wedges, cubed or fries). For extra crispiness, you can soak them in cold water for at least 30 minutes and then dry them thoroughly.
3. Toss the dry potato pieces with oil and seasonings.
4. Arrange potatoes on a baking sheet in a single layer, ensuring they are not overcrowded.
5. Set potatoes to bake for about 15 minutes
6. While potatoes are baking, slice up the cabbage and carrots, combine with the slaw dressing and set aside.
7. Flip the potatoes, then bake for another 15-25 minutes, or until they are golden brown and tender on the inside.
8. Prepare the protein, fry the pork or mushrooms until cooked.
9. Gravy - follow instructions on gravy package, or make your own
10. Add cheese to potatoes, smoother on gravy, add protein and spring onions on top.
11. Serve with slaw on the side.

