

Brackish Newsletter

April 27, 2018

Recipe Ideas

Spring Roll Bowls



Do you like bowls? They are ubiquitous these days, from fajita bowls to salad bowls to breakfast bowls to....these **spring roll bowls!** I'm always looking for unique ways to incorporate different vegetables, and these turned out really well. I love the bright taste of the raw carrots and cucumbers paired with the hot noodles and protein. The sweet garlic lime sauce was also very good – I

substituted olive oil for vegetable oil, and omitted the sugar, and it was excellent.

This also made a great leftover lunch that can be eaten hot or cold, which makes meal prepping a breeze. I made simple sautéed chicken, but I think these would be especially good with shrimp cooked in garlic and soy sauce. Either way, I encourage you to try cooking with rice noodles, because they have quickly become a new favorite and could not be easier to prepare!

Fried Rice

Along the same lines, how about a quick, easy, amazing **fried rice** recipe that's better than take-out? This dish is incredibly versatile and I usually make it with chicken or shrimp cooked with soy sauce for some protein. And feel free to swap vegetables or add other things you like! The one non-negotiable = green onions. They make this dish!



Roasted Chicken w/ Salsa Verde

Remember when we learned about spatchcocked chicken in the newsletter last month? And Richard's salsa verde in April 12 edition? Well **here's** your chance to put both skills to work! This is a lovely recipe that is very customizable, and doubles as an easy weeknight meal and a special occasion, depending on your mood.



When I visited a friend in England during my time studying abroad, one of my favorite traditions was the Sunday Roast. I stayed through the weekend and went to Sunday lunch with my friend and her lovely grandparents, who strictly observe Sunday Roast at one of the local pubs. "Pubs" here is more adequately described as a nice restaurant in the countryside. There was a "hunt" going on the same day, whereby people brought their horses to a central location (in this case the pub) and rode across the county for the afternoon, reconvening at the restaurant when they are finished. It was a striking example of British traditions all in one day, and I thoroughly enjoyed my roasted chicken alongside potatoes, greens, and elderflower soda.

But who's to say Sunday roasts have to be relegated to the weekend? Whenever you make this, feel free to substitute or omit certain herbs in the salsa, and I would cut the olive oil to ½ cup so it isn't too soupy. serve with a start and a green vegetable and enjoy!



Richard's Tip of the Week

Pack your lunch for the next day as you clean up from supper. There will be less to clean up and you'll save a lot of time in the morning.

Chicken Parm Meatballs



Do you love meatballs? I've never been a huge fan, but lately I have appreciated them for the ease of preparation and versatility for meal prepping all week long. Greek meatballs are one of my all time-favorite recipes, but these **chicken parm** meatballs are awesome because they can be made in the slow cooker! And they're made of ground chicken instead of beef!

And do not be tricked into thinking they can only be served with pasta or hoagie rolls. These are great served alone with leafy vegetables, on zoodles, mixed with rice, or as a flavorful addition to your favorite salad. If you have leftovers, they can always be incorporated in fried rice or ground and mixed into pasta sauce for your freezer. The possibilities are endless!

Black Bean, Corn, and Mango Salsa

Have you ever made mango salsa? If not, you need to make **this** ASAP. It's easy and can be scaled for a crowd, and it will be *devoured*, I promise! It goes great with chips and as a topping for tacos, salads, and nachos.



What is Poke?

Poke (poh-KAY) is a traditional Hawaiian raw fish salad that most often features marinated tuna with soy sauce, sesame oil, and various vegetables such as onion, edamame, avocado, cilantro, etc. over rice. Poke has become a bit of a phenomenon lately, and there is even a poke restaurant in Wilmington! I tried it last week and it was quite good.

Things I've Made Lately

Banana nut muffins – these are easy and basic and simply delicious. I had leftover bananas and whipped these up in 10 minutes before church on Sunday morning. Makes for a great snack or light dessert during the week!

Best Fudgy Brownies – These are my all-time favorite brownies - they are so fudgy and delicious, and taste great with a swirl of peanut butter on top before baking!

Chicken with Arugula and Potatoes – Richard actually made this recipe but it was *amazing*...super simple because it's all baked on one pan, and the garlic yogurt sauce can be used for all types of leftovers!

Buttermilk Biscuits – these are my all time favorite

biscuits, and they're so easy. For the flour, I *highly* recommend White Lily self rising flour, because they give the biscuits much better texture than a regular flour.



Have you tried a recipe featured in Brackish? How did it turn out? Send me an email to let me know what works and what doesn't! And click [here](#) to subscribe!