

## **Swordfish with Quinoa Risotto**

Serves: 4

Prep Time: 10 min.

Cook Time: 45 min.

Total Time: 55 min.

Cuisine Type: **Italian**

### **Description:**

Cook a heart-healthy fish feast with this recipe for grilled swordfish and quinoa risotto. The creamy quinoa risotto adds a touch of decadence along with the powerhouse of protein that quinoa brings to every meal.

### **Ingredients:**

10 oz. Market District cherry tomatoes  
1 bunch Nature's Basket mint  
1 bunch asparagus  
6 oz. oyster mushrooms  
4 5-oz. swordfish filets  
1½ tsp. kosher salt, divided  
1½ tsp. ground black pepper, divided  
2 Tbsp. Market District olive oil, divided  
2 cups Nature's Basket white quinoa  
½ cup Land o' Lakes heavy cream  
¼ cup unsalted butter  
¼ cup Market District grated Parmesan

### **Directions:**

Halve cherry tomatoes and chop mint. Remove stems from the asparagus and cut into 1-inch pieces. Cut the mushrooms in 1-inch pieces. Pat the fish dry and season with a pinch of salt and pepper. Toss the tomatoes with the mint, 1 tablespoon olive oil and a pinch of salt and pepper.

In a pot, combine the quinoa with 4 cups of water. Bring to a boil and lower heat. Cook for 15 minutes or until water is absorbed.

Heat grill pan on high. Once heated, add swordfish and cook for 6-8 minutes on each side.\*

Heat 1 tablespoon of oil in a pot. Add mushrooms and a pinch of salt and pepper. Cook for 5-6 minutes or until tender and browned. Stir in heavy cream and quinoa until everything comes together. Add asparagus and cook for another 3-4 minutes. Finish risotto with butter, parmesan and a pinch of salt and pepper. Serve swordfish on top of the quinoa and a spoonful of tomatoes.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

## **Instant Pot Beef Goulash**

Serves: 4

Prep Time: 10 min.

Cook Time: 1 hr.

Total Time: 1 hr., 10 min.

Cuisine Type: **Hungarian**

### **Description:**

Craving a super hearty meal with a little European flare? Make a Hungarian-style instant pot stew with this recipe for beef goulash. Made with buttered pasta rather than potatoes, it's a small modification that goes a long way!

### **Ingredients:**

4 yellow onions  
5 cloves garlic  
1 Tbsp. caraway seeds  
2 Tbsp. Market District olive oil  
½ bunch Nature's Basket organic fresh thyme  
½ bunch fresh parsley  
3 lbs. Market District beef chuck roast boneless, angus  
1 Tbsp. granulated sugar  
2¼ Tbsp. Giant Eagle paprika, divided  
1 tsp. Giant Eagle cayenne pepper  
2 Market District bay leaves  
3 Tbsp. Giant Eagle tomato paste  
2 Tbsp. DeLallo balsamic vinegar of Modena  
1 cup Market District beef stock  
1 tsp. kosher salt + more for pasta water  
¼ tsp. ground black pepper  
1 lb. Giant Eagle rotini  
2 Tbsp. Giant Eagle unsalted butter  
½ cup Giant Eagle original sour cream

### **Directions:**

Peel and slice the yellow onions. Chop the garlic. Place the caraway seeds on the cutting board and add a drop of olive oil, this keeps them from jumping around, chop them until they are about 1/3 of their original size. Chop the thyme and parsley. Trim any excess fat from the beef and cut into 1½-inch cubes.

In a pressure cooker on 'sauté', heat 2 tablespoons olive oil and cook the onions and sugar until caramelized, stirring often, about 20 minutes. Add the garlic and caraway and cook another minute. Add the paprika, cayenne, thyme and bay leaf. Sauté another minute, until fragrant. Add

the tomato paste. Deglaze with the vinegar and the stock and add the beef, 1 teaspoon kosher salt and pepper. Place the lid on the instant pot and cook on “high” for 45 minutes.\*

When the time is up, let the pressure dissipate. While the pressure is releasing, cook the pasta; bring a large pot of water to a boil, season generously with salt, and cook according to package directions. Drain well and return to the pot with 2 tablespoons butter and half the chopped parsley. Stir over low heat until the butter has melted.

If the goulash seems a little thin, set the pressure cooker to “sauté” and cook until it thickens.

Divide the pasta between 4 plates, top with the goulash and a dollop of sour cream, sprinkle with remaining chopped parsley and a pinch of paprika.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

## Moroccan Squash Stew

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Cuisine Type: **Moroccan**

### Description:

Create a tasty and filling vegetarian dinner with this recipe for Moroccan squash soup. In true Moroccan style, it is garnished with mint and served with a spiced nut mix. The stew itself is a flavorful blend that will have you ladling seconds.

### Ingredients:

4 zucchini  
3 yellow squash  
1 yellow onion  
5 cloves garlic  
1 oz. ginger  
½ cup Market District whole nonpareil supreme unsalted raw almonds (00030034099053)  
2 Tbsp. Market District coriander seeds  
1 Tbsp. Market District cumin seeds  
2 Tbsp. toasted sesame seeds  
1¾ tsp. kosher salt, divided  
½ tsp. ground black pepper, divided  
4 tsp. Market District olive oil, divided  
1 Tbsp. paprika  
1 can (28 oz.) Giant Eagle crushed tomatoes  
1 can (14 oz.) Nature's Basket garbanzo beans, organic  
1 basket Market District true rebel cherry tomatoes  
½ bunch Nature's Basket organic mint

### Directions:

Preheat oven to 350°F.

Trim and cut squashes into 1-inch thick rounds. Peel and dice the yellow onion into ½-inch pieces. Mince the garlic and ginger. Rough chop the almonds. Crush the coriander seeds with a heavy pan.

Combine the chopped almonds, crushed coriander, cumin seeds, sesame seeds, ½ teaspoon kosher salt, ¼ teaspoon ground black pepper and 2 teaspoons olive oil. Spread in an even layer on a parchment paper lined sheet pan. Place in oven and bake until light brown and toasty, stirring occasionally, about 20 minutes. Remove from the oven and let cool.

While the nuts are roasting, make the stew; heat a large heavy pan over medium-high heat.

Once hot, add 2 teaspoons olive oil and the diced onions. Cook, stirring occasionally until translucent, about 3 minutes. Add the garlic, ginger and paprika and cook another minute. Add the crushed tomatoes, garbanzo beans and cut squashes. Stir well to combine. Bring to a boil, reduce heat to medium-low and simmer just until the squash is tender, about 7 minutes, stirring occasionally. Stir in the cherry tomatoes and season with  $\frac{3}{4}$  teaspoon kosher salt and  $\frac{1}{4}$  teaspoon ground black pepper. Continue to cook, stirring occasionally, just until the tomatoes pop. Sprinkle with mint leaves and serve with the toasted nut mixture.

## **Chicken and Red Bean Stew with Collards & Biscuits**

Serves: 4

Prep Time: 10 min.

Cook Time: 1 hr.

Total Time: 1 hr., 10 min.

Cuisine Type: **American**

### **Description:**

This recipe for chicken and red bean stew with collards and biscuits is an ultimate Southern feast. Brimming with flavor, the stew is extraordinary when coupled with a bite of biscuit. Save some to sop up the juices!

### **Ingredients:**

#### **Stew**

1 yellow onion

4 cloves garlic

2 bunches collard greens

1½ lbs. Nature's Basket all natural chicken thighs, boneless, skinless

1 1/8 tsp. kosher salt, divided

¾ tsp. ground black pepper, divided

2 tsp. Market District olive oil

2 Tbsp. Giant Eagle chili powder

2 cans (15.5 oz.) Giant Eagle dark red kidney beans

1 can (28 oz.) Giant Eagle petite diced tomatoes

2 Tbsp. Giant Eagle savory Worcestershire sauce

#### **Biscuits**

5 oz. butter

3 cups Giant Eagle all-purpose flour

1 Tbsp. granulated sugar

1 1/8 tsp. kosher salt, divided

1 Tbsp. clabber girl baking powder

1 cup Giant Eagle whole milk

1/8 tsp. ground black pepper

### **Directions:**

Preheat oven to 425°F.

Peel and dice the onion. Slice the garlic. Strip the stems off the collard greens and cut into 1-inch pieces. Trim the chicken thighs and cut into 2-inch cubes. Season the chicken with 1 teaspoon kosher salt and ¼ teaspoon ground black pepper.

Place the butter in the freezer for about 30 minutes. Combine the flour, sugar, salt and baking powder in a medium bowl. Use a cheese grater to grate the butter into the flour mixture. Stop every now and then to toss the butter in the flour. Make sure the butter is not lumped together. Add milk and mix just until the dough comes together. Flatten the dough into a disc, wrap in plastic and refrigerate for 30 minutes.

While the dough is chilling, cook the stew. Heat a large, heavy pot over medium-high heat.

Once hot, add 2 teaspoons olive oil. Add chicken and sear until lightly browned, about 4 minutes. Remove from the pan and add the diced onion. Cook, stirring occasionally, until softened. Add the chile powder and sliced garlic and cook another 30 seconds. Return the chicken to the pan with the diced tomatoes, beans, Worcestershire sauce and chopped collard greens. Bring to a boil, reduce the heat to low and simmer for 30 minutes.\*

While the stew is cooking, bake the biscuits; roll or pat dough into a square about 1-inch thick. Cut into 8 squares and place on a parchment paper-lined sheet pan. Sprinkle with a little salt and pepper and place in the oven. Bake for 10-15 minutes or until lightly browned. Reduce the oven to 350°F and continue to bake another 15-20 minutes or until evenly browned and cooked through.

Season the stew with salt and pepper and serve with the biscuits.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

## **Pork Tenderloin with Red Pepper Chutney**

Serves: 4

Prep Time: 10 min.

Cook Time: 30 min. + 1 hr. brining

Total Time: 40 min. + 1 hr. brining

Cuisine Type: **American**

### **Description:**

This easy to follow recipe for pork tenderloin with red pepper chutney is one of our favorites for the grilling season! Brined to bring out the best in the pork, it is served with the chutney for a bright, delightful flavor.

### **Ingredients:**

2 Nature's Basket pork tenderloins

2 cups water

2 Tbsp. + ½ tsp. kosher salt, divided

1 Tbsp. granulated sugar

1 yellow onion

1 red bell pepper

4 zucchini

½ cup Giant Eagle light brown pure sugar

½ cup Giant Eagle cider vinegar

1 Tbsp. paprika

2 Tbsp. McCormick grill mates sweet & smoky rub

### **Directions:**

Trim any excess fat and sinew from the pork tenderloins. Place in a zip lock bag with 2 cups water, 2 tablespoons salt and 1 tablespoon sugar. Shake to combine and dissolve salt and sugar. Expel any extra air from the bag and seal. Place in the refrigerator for at least an hour or up to overnight.

Peel and dice the onion into ¼-inch dice. Dice the bell pepper into ¼-inch dice. Cut the zucchini in half lengthwise.

Combine the diced onion, diced bell pepper, brown sugar, cider vinegar, 1 tablespoon paprika and ½ teaspoon salt. Place over medium-high heat and bring to a boil, reduce heat to low cook until only a few tablespoons of liquid remains.

Remove the pork tenderloins from the brine and pat dry. Season with the McCormick Grill Mates sweet & smoky rub.

Heat grill and grill pork tenderloins until about 150°F internal temperature, about 15 minutes. Set aside and let rest at least 5 minutes.

While the pork is resting grill the zucchini.

Slice the pork and serve with the grilled zucchini and red pepper chutney.