

Shrimp Biryani

Serves: 4

Prep Time: 5 min.

Cook Time: 30 min.

Total Time: 35 min.

Ingredients:

1 yellow onion, divided

1 cucumber

1 lb. Nature's Basket jumbo peeled deveined shrimp

¼ cup Patak's® biryani paste, divided

½ bunch cilantro

1 plum tomato

2 cups Giant Eagle basmati rice

2 Tbsp. Giant Eagle unsalted butter

Salt & pepper

1 fresh lime

Directions:

Peel and julienne onion. Thinly slice cucumber. Mix shrimp with 1 tablespoon of the biryani paste. Roughly chop the cilantro. Cut tomato into wedges. Place rice in a colander and rinse well under cold water.

Heat butter in a large pot on medium heat. Once melted add in onions (reserving ¼ of them to the side). Cook onions 4-5 minutes or until tender. Add remaining biryani paste and cook for another minute.

Add 4 cups of water and bring to a boil (this should take 2-3 minutes). Add a generous pinch of salt and pepper and stir in rice. Cook for another 3-4 minutes and reduce heat to low. Cover with a lid and cook for 20 minutes. Remove lid and add in shrimp, cover and cook for another 5 minutes or until shrimp is pink and opaque.

Meanwhile, toss remaining sliced onions, tomato wedges, cucumber and half the chopped cilantro. Squeeze in the juice of the lime and add a pinch of salt and pepper.

When rice is ready, serve yourself a generous portion and garnish with the tomato cucumber salad and a sprinkling of cilantro.

Shrimp Biryani

ALLERGEN CALLOUTS: Egg-Free, Soy-Free

Nutritional Information (Per serving):

Calories 550, Fat 11g, Sat. Fat 4.5g, Trans Fat 0g, Cholesterol 195mg, Sodium 1210mg, Total Carbohydrate 91g, Fiber 2g, Sugars 4g, Protein 29g

Nutritional values are based on data from the USDA National Nutrient Database for Standard Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

Pork Chops with Sweet and Sour Cabbage

Serves: 4

Prep Time: 10 min.

Cook Time: 25 min.

Total Time: 35 min.

Ingredients:

1 head red cabbage

1 red onion

½ bunch Nature's Basket organic sage

2 Tbsp. Giant Eagle vegetable oil, divided

1/3 cup Giant Eagle granulated sugar

½ cup Giant Eagle red wine vinegar

1½ tsp. salt, divided

¾ tsp. black pepper, divided

4 Giant Eagle bone-in pork loin center cut chops

½ cup Market District chicken stock

½ cup Giant Eagle honey mustard dressing

Directions:

Preheat oven to 450°F. Cut the cabbage in half and remove the core then thinly slice. Peel and slice the red onion into crescent shaped slices, and finely chop the sage, setting all ingredients aside.

Heat 1 tablespoon of the oil in a large saucepan over medium-high heat. Add the sliced onions and sauté until translucent and softened, but not browned. Add the cabbage, sugar, vinegar, 1 teaspoon salt and ½ teaspoon of pepper. Continue to cook, stirring occasionally over medium heat until the cabbage is wilted but still crunchy. Cover and set aside.

Meanwhile, season the pork chops with remaining salt and black pepper on each side. Heat a large sauté pan over high heat, add in remaining oil and pork chops. Reduce heat to medium-high. Cook on one side until nicely browned, turn the pork chops over and place in the preheated oven and cook until 145°F internal temperature; this depends on the thickness of the chops but about 10-15 minutes.

Remove pork chops from the oven and allow to rest. Drain away any fat from the pan and add in the chicken stock, mustard dressing and chopped sage, return to the stove and cook over medium heat until reduced and thickened a little. Serve the pork chops with the cabbage and mustard sauce.

Pork Chops with Sweet and Sour Cabbage

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free, Soy-Free, Dairy-Free, Gluten-Free

Nutritional Information (Per serving):

Calories 620, Fat 30g, Sat. Fat 5g, Trans Fat 0g, Cholesterol 130mg, Sodium 1230mg, Total Carbohydrate 43g, Fiber 5g, Sugars 31g, Protein 43g

Nutritional values are based on data from the USDA National Nutrient Database for Standard

Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

Chicken with Apricots and Green Olives

Serves: 4

Prep Time: 5 min.

Cook Time: 20 min.

Total Time: 25 min.

Ingredients:

3 cloves garlic

2 lbs. Nature's Basket chicken breast, thinly sliced

1 tsp. Market District dried oregano

Salt & pepper

2 pkgs. Uncle Ben's Ready Rice® rice pilaf

1 Tbsp. Market District extra virgin olive oil

1 tsp. Market District dried oregano

Salt & pepper

1 cup Giant Eagle chicken broth

½ cup Gaea® Greek harvest pitted green olives, halved

1 cup Mariani® premium dried apricots, halved

Directions:

Peel and chop garlic. Season chicken breast with the dried oregano and a pinch of salt and pepper. Smother it all over the chicken until fully coated. Cook rice according to instructions on the package.

Heat a large skillet on high with olive oil for one minute. Carefully add the chicken breast (if pan is not big enough this can be done in batches). Sear chicken for 2 minutes on each side, remove from the pan and pour off excess oil.

Return pan back to heat, add chicken broth and garlic and reduce heat to medium. Bring to a boil then add olives apricots. Cook for 2 minutes and then add back in chicken breasts. Make sure the chicken breast is fully submerged in pan sauce. Cook for another 5-6 minutes or until internal temperature of chicken is at least 165°F.

Spoon rice on to plate and top with chicken breast and pan sauce.

Chicken with Apricots and Green Olives

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free, Egg-Free, Dairy-Free

Nutritional Information (Per serving):

Calories 560, Fat 14g, Sat. Fat 2.5g, Trans Fat 0g, Cholesterol 125mg, Sodium 1450mg, Total Carbohydrate 56g, Fiber 3g, Sugars 19g, Protein 52g

Nutritional values are based on data from the USDA National Nutrient Database for Standard Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

Cheese Ravioli in Brown Butter Sauce

Serves: 4-6

Prep Time: 5 min.

Cook Time: 35 min.

Total Time: 40 min.

Ingredients:

2 bunches baby golden beets

Salt

2 pkgs. Giovanni Rana® ravioli - cheese delicato

2 oz. Giant Eagle butter

½ cup (2 oz.) Fisher Chef's® naturals walnuts

1 lemon

1 cup arugula

2 oz. shaved Parmesan

Directions:

Trim and clean beets then place in a medium saucepan with a pinch of salt and enough water to cover the beets. Place over high heat and bring to a boil. Once boiling, reduce heat to low and cover the pan. Cook over low heat until tender. This will depend on the size of the beets, but between 25 and 45 minutes. Should be easily pierced with a thin knife or toothpick. Remove beets from the heat and let cool. Once cooled but still a little warm, drain and rub off the skins with a paper towel. Cut into bite size pieces.

Bring a large pot of salted water to a boil. Add the ravioli and cook according to package directions. While the pasta cooks, place the butter and walnuts in a medium sauté pan. Cook over medium-high heat until butter melts and starts turning brown and walnuts are toasted.

Turn off heat and add the beets and the zest and juice from the lemon. Season with ¼ teaspoon of salt. Drain ravioli and toss with the walnut and beet mixture over medium heat to heat everything and mix well. Place the pasta into bowls and sprinkle with arugula and Parmesan cheese.

Cheese Ravioli in Brown Butter Sauce **(Vegetarian)**

ALLERGEN CALLOUTS: Peanut-Free, Soy-Free

Nutritional Information (Per serving):

Calories 790, Fat 40g, Sat. Fat 20, Trans Fat 0g, Cholesterol 185mg, Sodium 1610mg, Total Carbohydrate 76g, Fiber 3g, Sugars 13g, Protein 29g

Nutritional values are based on data from the USDA National Nutrient Database for Standard Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.

Steak with Onion Strings

Serves: 4

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Ingredients:

2 yellow onions

1 cup Giant Eagle buttermilk

Salt & pepper

4 cups Giant Eagle canola oil, divided

4 Giant Eagle boneless strip loins

2 cups Giant Eagle all-purpose flour

4 cups Nature's Basket arugula

¼ cup Giant Eagle red wine vinaigrette

¼ cup Giant Eagle blue cheese crumbles

Directions:

Preheat oven to 400°F. Peel onions, leaving the root on and cut onion into rings about ¼-inch thick and place in a bowl with buttermilk and a pinch of salt and pepper. Toss onion rings in the buttermilk until they are well coated and let sit for a few minutes.

Season each of the steaks with ½ teaspoon of salt and ¼ teaspoon of pepper. Heat a large skillet on high with 1 tablespoon of canola oil. After one minute of heating, gently add the steaks to the pan. Sear them for 3-4 minutes on each side so they develop a nice sear. Place in oven for 5-6 minutes or until internal temperature of the steaks reaches a minimum of 145°F.

Pour 3-4 cups of canola oil into a large pot (there should be several inches of extra room at the top of the pot) and heat to 365°F. Meanwhile, strain the excess buttermilk off the onions in a colander. Pour half of the flour on a sheet tray and toss onions in the flour. Once fully coated, sprinkle the rest of the flour on top of the onions until they are well coated and not gummy. Place ¼ of the onions gently in the heated oil and cook for 3-4 minutes, moving them around with tongs. Remove when slightly golden brown, drain on a paper towel-lined plate and season with salt and pepper. Repeat with the rest of the onions.

Toss arugula with red wine vinaigrette a pinch of salt and pepper, and top with blue cheese crumbles. Serve steak with arugula salad and onion strings.

Steak with Onion Strings

ALLERGEN CALLOUTS: Tree Nut-Free, Peanut-Free, Egg-Free, Soy-Free

Nutritional Information (Per serving):

Calories 1040, Fat 52g, Sat. Fat 18, Trans Fat 0g, Cholesterol 205mg, Sodium 870mg, Total Carbohydrate 60g, Fiber 3g, Sugars 8g, Protein 77g

Nutritional values are based on data from the USDA National Nutrient Database for Standard Reference. Actual nutritional values may vary due to preparation techniques, variations related to suppliers, regional and seasonal differences, or rounding.