



Cold Curing Curries

Your Lunches:

- Meal 1:** Cilantro Pesto Chicken (Calories: 450)
- Meal 2:** Vegetable Curry Wrap (Calories: 760)
- Meal 3:** Cilantro Pesto Pizza (Calories: 640)
- Meal 4:** Vegetable Curry (Calories: 575)
- Meal 5:** Butternut Squash Soup (Calories: 275)
- Meal 6:** Roasted Squash Flatbread (Calories: 575)

Grocery List:

1. 8 oz. Boneless Chicken Breasts
2. 10 oz. Coconut Milk
3. 2 cups Chicken Stock
4. 1 large yellow Onion
5. 1 Butternut Squash
6. 1 cup Broccoli
7. 1 Lemon
8. ½ cup whole Walnuts
9. 1 can Chickpeas
10. 1 large bunch of Cilantro
11. 3 Pita Wraps
12. 2 servings of instant long grain Rice
13. 1 tbsp. Red Curry Paste
14. 2 oz. spreadable Goat Cheese
15. 2 tbsp. shredded Parmesan Cheese

In Your Pantry:

1. Salt and Pepper to Taste
2. EV Olive Oil
3. Balsamic Vinegar
4. Nutmeg

Cooking Instructions:

1. Preheat the oven to 400 degrees.
2. Prepare the following ingredients:
 - a. Cut the lemon in half.
 - b. Peel and cut the butternut squash into 1-inch cubes. Separate into 3 equal groups.
 - c. Cut the broccoli into bite-sized florets.
 - d. Cut the onion in half. Dice one half and cut the second half into $\frac{1}{4}$ inch strips.
 - e. Remove 2-3 tbsp. of cilantro from the bunch and put aside.
 - f. Drain the chickpeas.
 - g. Cut the chicken breast(s) into 1-inch strips against the grain.
3. Toss the chicken with the juice of $\frac{1}{2}$ a lemon, 1 tbsp. of EV Olive Oil, and salt to taste. Mix in one portion ($\frac{1}{3}$ of total) of the butternut squash and $\frac{1}{2}$ of the diced onion. Place the mixture on a non-stick baking sheet and put it in the oven for 20-25 minutes or until the chicken is cooked through.
4. Place two medium pots over medium-high heat and add 1 tbsp. of EV Olive Oil and the remaining diced onion to one of the pots. Add 1 tbsp. of EV Olive Oil and all the onion strips to the other pot. Cook each group of onions until translucent.
5. Once the onions are cooked, in the pot with the diced onion add one of the other groups of butternut squash and cover with the chicken stock and salt to taste. Cook until the squash is fork tender (about 15 minutes). Once the squash is tender, puree the soup and add a pinch of nutmeg.
6. In the other pot stir in the following ingredients and mix well. Cook until the squash is tender (about 15 minutes):
 - a. 1 tbsp. Curry Paste
 - b. The remaining butternut squash
 - c. The broccoli
 - d. The Coconut Milk
 - e. The chickpeas (add with 2 minutes left)
 - f. Salt and Pepper to taste
7. While everything cooks add the following ingredients to a food processor to make the cilantro pesto:
 - a. The rest of the cilantro
 - b. Half the walnuts
 - c. 2 tbsp. EV Olive Oil
 - d. The juice of half a lemon (start with a little and add more to taste)
 - e. 1 tbsp. Parmesan Cheese
 - f. Salt and Pepper to Taste
8. Pulse the pesto until it is the consistency of oatmeal (add some water if it is too thick).
9. While everything cooks prepare the instant rice in the microwave.
10. Once the chicken is done and the squash from the oven is tender, separate the two from each other. Toss the chicken with the cilantro pesto.

Please keep reading for the final portion instructions...

Portion Instructions:

Each portion should be put into a separate container for the different lunch day and stored in the refrigerator or freezer-please see below for instructions.

1. Cilantro Pesto Chicken

Store half the cilantro pesto chicken (leave the excess pesto with the remaining chicken) with half of the baked squash. When ready to eat heat up both and serve warmed.

2. Vegetable Curry Wrap

Store half of the vegetable curry from step 6 (go easy with the curry sauce) with half of the rice in the refrigerator. When ready to eat put the curry and rice into a pita and roll it up. Put the wrap in a toaster oven and serve toasted.

3. Cilantro Pesto Pizza

Store half of the cilantro pesto chicken (with all the extra pesto) with the remaining tbsp. of Parmesan cheese. When ready to eat, spread the pesto chicken and remaining pesto onto a pita. Cover with Parmesan cheese and toast it in the oven until the pita is crispy and cheese starts to melt.

4. Vegetable Curry

Store the remaining half of the rice with the remaining half of the vegetable curry and all the sauce from step 6 poured on top in the refrigerator. When ready eat serve warmed.

5. Butternut Squash Soup

Store the soup from step 5 in the refrigerator. When ready to eat serve warmed.

6. Roasted Squash Flatbread

Store the remaining roasted squash with the remaining nuts and the goat cheese in the refrigerator. When ready to eat place the mixture on top of a pita. Place it in a toaster oven until the pita is crispy. Lightly drizzle the flatbread with balsamic vinegar.