

HERB & RANCH

— M O D E R N R A N G E —

Shopping List & Recipes

Chicken Coconut Curry

INGREDIENTS	QTY.	NOTES
Chicken Thighs	4	
Yellow Curry Paste	1/2 cup	
Coconut Milk	1 cup	
Kewpie Mayo	1/2 cup	
Brown Sugar	2 tablespoons	
Limes	1	zest and juice
Yogurt	1/2 cup	
Rice Wine Vinegar	1/3 cup	
Olive Oil	1/3 cup	
Red Onion	1/4	
Granny Smith Apple	1	
Peanuts	1 tablespoon	
Currents	1 tablespoon	
Cilantro	1/4 bunch	

INSTRUCTIONS

Steep yellow curry paste in coconut milk on low heat for approximately 15 minutes. Cool curry mixture, then whisk with mayo, yogurt, lime and brown sugar. Mix in rice wine vinegar and olive oil and Season with salt.

Sauté chicken thighs until they are cooked through. Remove the chicken from the pan and set aside to rest.

Dice apple and chicken, julienne red onion and add to a bowl. Mix in your dressing to coat all your chicken.

Chop cilantro and add to mix saving some for on top of dish. Garnish with peanuts, currants, and cilantro.



Avocado Toast

INGREDIENTS	QTY.	NOTES
Avocado	1	
Lime	1	we suggest seeded or thick-cut sourdough
Sliced Bread	1 slice	
Cherry Tomatoes	1/4 cup	
Feta Cheese	1 tablespoon	
Sunflower Seeds	1 tablespoon	
Sunflower Sprouts		optional, if you can find
Egg	1	
Herbs		we use parsley, chives, tarragon, & chervil
Extra Virgin Olive Oil		
Salt & Pepper		



INSTRUCTIONS

Open avocado and discard the pit, crosscut the avocado and place in a bowl. Season avocado with salt and a squeeze of lime juice. The juice does two things, it seasons the avocado but also helps it from oxidizing (turning brown). Place your avocado mash to the side and toast the bread.

Take your thick cut bread and spread with butter or dress with olive oil, in a warm pan put your bread down and start to toast on medium high heat. You can also warm in a toaster, but you get a nice caramelization and toast in the pan. Once you get golden brown on one side flip over and toast the other side.

Take your toasted bread and smear your avocado mash all over the top of the bread. Cut your cherry tomatoes in half and place on top of the avocado.

Now it is building layers of flavor. Add your feta, sunflower seeds and finish with your sunflower sprouts, herbs of your choice and drizzle your olive oil on top.

In a small pan warm over medium high heat and add some oil, crack your egg and cook sunny side up.