

Swedish-Style Meatballs with Gravy

YIELD: 4 to 6 servings

PREP TIME: 20 to 25 minutes

COOK TIME: about 20 minutes

Ingredients

For the meatballs*

1 small onion, roughly chopped
1 clove garlic, peeled
2 slices **Metro Sliced Homestyle White Bread**, crusts removed, torn into pieces*
 $\frac{2}{3}$ lb (303 g) lean ground beef
 $\frac{2}{3}$ lb (303 g) ground pork
1 large **LOVO Egg**, lightly beaten*
 $\frac{3}{4}$ tsp (5 g) sea salt
 $\frac{1}{2}$ tsp (1 g) **Selection Ground Black Pepper**
 $\frac{1}{4}$ tsp (1 g) **Selection Ground Allspice**
 $\frac{1}{4}$ tsp (1 g) **Selection Ground Nutmeg**
 $\frac{1}{8}$ tsp (1 g) **Selection Ground Ginger**
1 tbsp (15 mL) **Life Smart First Pressed Canola Oil***

For the gravy

2 pkg (28 g each) **IKEA ALLEMANSRÄTTEN Savoury Sauce Mix**
 $2\frac{1}{2}$ cups + 1 tbsp (600 mL) cold water
 $\frac{1}{3}$ cup + 1 tbsp (100 mL) **Nutrinator Smooth Whipping Cream (35%)***

Garnishes

Fresh parsley, roughly chopped
IKEA VAGGSÅNG Lingonberry Spread*

Directions

For the meatballs

1. Place onion and garlic into the bowl of a small food processor.
2. Add bread and pulse a few times to moisten the pieces.
3. Transfer mixture to a large bowl. Add beef, pork, egg, salt, pepper, allspice, nutmeg, and ginger. Mix until mixture is slightly tacky.
4. Line a baking sheet with parchment paper. Using a tablespoon measuring spoon (or a small, trigger-style ice cream scoop), drop a heaping spoonful of the meat mixture onto the prepared baking sheet. Repeat process until all the meat is scooped. Roll meat into uniform balls.
5. In a large skillet over medium-high heat, heat oil until shimmering. Add half the meatballs and quickly brow all over, about 3 minutes. Meatballs should not be cooked through. Transfer to a dish. Repeat with remaining meatballs.
6. Pour off any excess oil, leaving about a tablespoon in the pan. Reduce heat to medium.

For the gravy

1. In the same skillet, prepare the gravy according to the directions on the packet.
2. Once the gravy starts to steam, add the meatballs and any of the accumulated juices.
3. Increase the heat slightly to ensure the gravy is at a constant simmer. Simmer the meatballs and gravy for an additional 10 minutes to finish cooking the meatballs.
4. Transfer meatballs and gravy to a dish. Garnish with fresh parsley and serve with **IKEA VAGGSÅNG Lingonberry Spread**.

*Chef's Tips

- For a quick side dish, make 1 bag of **IKEA HUVUDROLL Meatballs** according to package instructions for the meatballs.
- If **Metro Sliced Homestyle White Bread** is unavailable, substitute with **Metro White Sandwich Bread**, or **Selection Enriched White Bread**.
- If **LOVO eggs** are unavailable, substitute with **Selection Large Eggs**, or **Life Smart Large Organic Brown Eggs**, or **Life Smart Large Naturalia Free Run Eggs**.
- If **Life Smart First Pressed Canola Oil** is unavailable, substitute with **Irrésistible Canola & Extra Virgin Olive Oil Blend**, or **Selection Canola Oil**.
- If **Nutrinator Smooth Whipping Cream** is unavailable, substitute with **Selection 35% Whipping Cream**.
- If **IKEA VAGGSÅNG Lingonberry Spread** is unavailable, substitute with a cranberry sauce (**Redpath® Spiced Marsala Wine Cranberry Sauce**), or **Life Smart Raspberry Spread**, or **Irrésistible Raspberry Spread**, or **Selection Raspberry Jam**. If using raspberry spread or jam, stir about 1 tbsp of lemon juice or apple cider vinegar and $\frac{1}{4}$ tsp salt into $\frac{1}{2}$ cup jam to mimic the tartness of lingonberries.

Spicy Maple Glazed Chicken Tenders & Waffles

YIELD: 4 to 6 servings

PREP TIME: 25 minutes

COOK TIME: 30 minutes

Ingredients

For the waffles* (makes about 10 depending on the waffle iron size)

2½ cups (292 g) **Selection All-Purpose Flour**
¼ cup (54 g) **Redpath® Golden Yellow Sugar**, packed
2 tsp (10 g) **Selection Baking Powder**
1 tsp (5 g) **Selection Baking Soda**
½ tsp (3 g) sea salt
2 cups (500 mL) buttermilk*
6 tbsp (84 g) **Nutrino® Unsalted Butter**, melted*
2 large **LOVO Eggs**, lightly beaten*
1 tbsp (15 mL) **Irrésistible Pure Vanilla Extract**

For the chicken tenders

1 pkg (1.81 lb / 822 g) **Perdue Breaded Chicken Tenders***

For the spicy maple glaze

⅓ cup (83 mL) **Irrésistible Pure Maple Syrup***
2 tbsp (28 g) **Redpath® Dark Brown Sugar**, packed
2 tbsp (30 mL) **Selection Red Hot Pepper Sauce**
½ tsp (2 g) chili flakes
¼ tsp (2 g) sea salt

Garnishes

Neil's Real Deal Hot Sauce*
Irrésistible Pure Maple Syrup
Chives, finely chopped

Directions

For the waffles

1. In a large mixing bowl, whisk together flour, yellow sugar, baking powder, baking soda, and salt until well combined and no lumps remain.
2. In a large measuring cup or a bowl, whisk buttermilk, melted butter, lightly beaten eggs, and vanilla extract until thoroughly mixed. Pour the wet ingredients into the dry ingredients. With a large spatula, stir until just combined; a few lumps will remain. Cover and let sit for 10 minutes to allow flour to hydrate and batter to thicken.
3. Meanwhile, lightly grease and preheat the waffle iron according to manufacturer's instructions.
4. Pour batter (usually about ¼ cup to ½ cup / 63 mL to 125 mL; most waffle irons will come with a recommended amount) onto the preheated waffle iron. Close lid and cook for 3 to 5 minutes or until the light indicator on the waffle iron turns off and waffle is golden brown.
5. Carefully remove waffle from the waffle iron with the help of a heatproof spatula or tongs. Repeat process with the remaining batter. Serve immediately or keep waffles warm in a preheated oven at 250°F (121°C) by placing finished waffles onto a wire cooling rack placed on a baking sheet. Alternatively, loosely tent the baking sheet with foil. Place in a single layer to prevent waffles from steaming and getting soggy.

For the chicken

Bake the chicken tenders according to package directions.

For the spicy maple glaze

1. In a small saucepan, heat the maple syrup, brown sugar, hot sauce, chili flakes, and salt over medium heat until steaming.
2. Transfer the sauce to a large bowl, add chicken tenders, and toss to coat. Alternatively, use a pastry brush to coat chicken tenders with the sauce.

Assembly

1. Plate 2 or 3 waffles and top with 2 to 3 chicken tenders.
2. Garnish with your favourite **Neil's Real Deal Hot Sauce**, some more maple syrup, and a sprinkling of chives.

Spicy Maple Glazed Chicken Tenders & Waffles

YIELD: 4 to 6 servings

PREP TIME: 25 minutes

COOK TIME: 30 minutes

*Chef's Tips

- To save time, use **Selection Buttermilk Pancake & Waffle Mix** and make according to package directions.
- Buttermilk substitute: Add 2 tbsp (30 mL) of white vinegar or lemon juice to a large measuring cup. Add in enough **Nutrinor Milk** (preferably whole milk) to hit the 2 cup (500 mL) mark. Stir and let sit until slightly curdled and thickened, about 5 minutes. Use as directed in the recipe.
- If **Nutrinor Unsalted Butter** is unavailable, substitute with **Selection Unsalted Butter**.
- If **LOVO eggs** are unavailable, substitute with **Selection Large Eggs**, or **Life Smart Large Organic Brown Eggs**, or **Life Smart Large Naturalia Free Run Eggs**.
- If **Perdue Breaded Chicken Tenders** are not available, use **Selection Frozen Breaded Chicken Strips (800 g)**, or **St-Hubert Chicken Breast Strips (600 g)**.
- Dark or Amber pure maple syrup can be used. If desired, substitute **Life Smart Organic Pure Honey** or **Selection Honey**.
- Use your favourite **Neil's Real Deal Hot Sauce** for additional sweet and spicy and flavour! Try it with the Smoked Onion, Peach Habanero, or Pineapple Ghost Hot Sauce.

Ranch-Style Herb Dip

YIELD: 1¼ cups (313 mL)

PREP TIME: 10 minutes

+ 1 hour chilling time *(preferably overnight)*

Ingredients

1 cup (250 mL) **OIKOS High Protein Plain Greek Yogurt***
¼ cup (63 mL) **Selection Mayonnaise***
2 tbsp (7 g) finely chopped flat-leaf parsley
2 tbsp (6 g) finely chopped fresh chives
2 tsp (10 mL) lemon juice, preferably freshly squeezed*
2 tsp (2 g) **Irrésistible Dried Dill**
1 tsp (4 g) **Irrésistible Garlic Powder***
1 tsp (2 g) lemon zest, finely grated
½ tsp (3 g) sea salt
¼ tsp (1 g) **Irrésistible Paprika***
¼ tsp (1 g) **Selection Ground Black Pepper***

Directions

1. In a medium bowl, whisk together the Greek yogurt and mayonnaise until well blended.
2. Add in the chopped parsley, chives, lemon juice, dried dill, garlic powder, lemon zest, salt, paprika, and pepper. Whisk until combined.
3. Cover and chill in the fridge for at least 1 hour, preferably overnight, to allow the dried herbs to rehydrate and the flavours to meld.
4. Serve with fresh-cut vegetables, crackers, or potato chips.
5. Store any leftovers in an airtight container for up to 5 days in the fridge.

*Chef's Tips

- If time is not on your side, purchase **Irrésistible Buttermilk Ranch Dipping Sauce (44 mL)** instead. Purchase at least 1 dip per guest.
- If **OIKOS Greek Yogurt** is unavailable, substitute with **Irrésistible Plain Greek Yogurt**.
- If **Selection Mayonnaise** is not available, substitute with **Life Smart Less Fat Mayonnaise Style Dressing**, or **Irrésistible Avocado Oil Mayonnaise**, or even **Irrésistible Lemon Mayonnaise** (omit lemon zest from recipe if using this flavour).
- Zest lemon before juicing. **Selection Lemon Juice Concentrate** can be substituted for the fresh lemon juice, if desired. Alternatively, substitute with an equal amount of **Selection Apple Cider Vinegar**, or **Life Smart Organic Apple Cider Vinegar**.
- If **Irrésistible Garlic Powder** is not available, substitute with **Selection Garlic Powder**.

Rainbow Tortellini with Rosée Sauce

YIELD: 4 servings

PREP TIME: 10 minutes

COOK TIME: 15 to 20 minutes

Ingredients

For the pasta

2 packages of 255 g **O Sole Mio 4 Cheese Rainbow Tortellini** or $\frac{2}{3}$ package of **Irrésistible Rainbow Tortellini (800 g)**

$\frac{1}{3}$ cup (83 mL) reserved pasta water

For the rosée sauce*

1 tbsp (15 mL) olive oil

$\frac{1}{2}$ cup or 1 small onion, diced

3 cloves garlic, minced

2 cups (500 mL) **Irrésistible Passata**

1 cup (250 mL) **Nutrinor Smooth Whipping Cream (35%)***

2 tbsp (30 mL) **3 Lakes Spirit Co. Vodka or Gin** (optional)

$\frac{1}{2}$ tsp (1 g) crushed chili flakes

$\frac{1}{2}$ cup (50g) grated **Irrésistible Parmigiano Reggiano** or **Irrésistible Grana Padano**

2 tbsp (28 g) **Nutrinor Butter**

$\frac{3}{4}$ tsp (5 g) sea salt

$\frac{1}{2}$ tsp (1 g) black pepper

4 cups (68 g) baby spinach

Garnishes (optional)

Fresh basil

Grated **Irrésistible Parmigiano Reggiano** or **Irrésistible Grana Padano**

Directions

For the pasta

1. Cook tortellini according to package directions.
2. Reserve $\frac{1}{3}$ cup of the cooking water.

For the sauce

1. In a large skillet or dutch oven, heat the olive oil over medium heat until shimmering. Add the onion and garlic. Sauté until fragrant and onion is translucent; 3 minutes. Do not burn garlic.
2. Add the passata, stir to combine and cook for an additional 5 minutes until sauce is slightly thickened.
3. Add cream, vodka (or gin), and chili flakes. Mix well to thoroughly combine.
4. Add in the cooked tortellini, the reserved pasta water, grated cheese, butter, salt, and pepper. Toss well until pasta is coated.
5. Turn off heat. Stir in the baby spinach.
6. Garnish with basil leaves and grated cheese.

*Chef's Tips

- For a quick meal: heat up 2 containers **O Sole Mio Rosée sauce**, 1 jar of **Irrésistible Rosée Sauce**, or **Selection Rosée Sauce**, or **East Side Mario's Rosée Sauce**, adding the alcohol when heating the sauce, and spinach at the end, if desired.
- If **Nutrinor Smooth Whipping Cream** is unavailable, substitute with **Selection 35% Whipping Cream**.