



The
Meal Mates
Cookbook

By:

**CRAZY
FRESH**



01. Summer Veggies & Chicken

Lemon pepper chicken breasts with roasted garlic and summer vegetables is a fresh, healthy dinner option for the whole family. Our pre-cut Summer Veggie Meal Mate makes it even easier to get these delicious flavors on the plate!



Serves - 2



Prep - 10 Min.

Cook - 20 Min.

Ingredients

- 2 boneless skinless chicken breasts
- 1 package Crazy Fresh Summer Veggies Meal Mate
- 1 lemon
- 1 bulb garlic
- 1 sprig fresh rosemary, finely chopped
- Ground pepper and salt to taste
- 1/4 cup olive oil

Preparation

1. Roast whole bulb of garlic in oven at 350° for 30 minutes.
2. Combine rosemary with juice of 1/2 a lemon, 2 tbsp olive oil, salt and pepper. Season chicken with this.
3. Heat skillet over medium heat and coat with olive oil.
4. Add chicken breasts, and cook until internal temperature of 165°, about 20 minutes.
5. Heat a separate skillet to medium heat and coat with oil. Add veggies, and stir occasionally, about 10 minutes.
6. Slice chicken and serve over veggies. Garnish with cloves of roasted garlic.





02. Sweet Potato & Bourbon Butter Sauce

Sautéed sweet potatoes are great all on their own, but they're brought to a whole other level when drizzled with a bourbon butter sauce. Pair it with your favorite protein for a dinner everyone can enjoy!



Serves - 3



Prep - 2 Min.

Cook - 20 Min.

Ingredients

- 1 package Crazy Fresh Sweet Potato Meal Mate
- 1/2 stick unsalted butter
- 1/2 cup sugar
- 3 tablespoons whipping cream
- 2 tablespoons bourbon
- Pinch of salt

Preparation

1. Melt butter in a small saucepan over medium heat. Whisk in all other ingredients.
2. Simmer until thickened, whisking often, about 3 minutes. Cool slightly.
3. Sauté sweet potatoes until browned and fork tender, 8-10 minutes.
4. Drizzle sweet potatoes with bourbon sauce, and serve with your favorite protein.





03. Rib Eye with Steak Topper

Everyone knows mushrooms and onions are steak's best friends. Our Steak Topper Meal Mate is full of freshly-cut veggies that are great with this rib eye recipe. Top it with a balsamic glaze for an amazing dinner for two!



Serves - 2



Prep - 10 Min.

Cook - 15 Min.

Ingredients

- 2 rib eye steaks
- 1 package Crazy Fresh Steak Topper Meal Mate
- 4 tablespoons reduced balsamic vinegar
- 6 tablespoons salted sweet cream butter
- 1 teaspoon beef stock
- 1 clove garlic, minced
- 1 sprig fresh rosemary, chopped
- Salt and ground pepper to taste
- 2 tablespoons vegetable oil

Preparation

1. Rinse and pat dry room temperature steaks. Set aside.
2. Brown butter in a small saucepan on medium heat. Add beef stock and balsamic, and stir. Stir gently while letting it bubble for about 2 minutes. Set aside.
3. Heat frying pan over medium heat and melt 2 tsp. butter. Add Steak Topper, garlic and rosemary. Sauté until browned.
4. Heat large frying pan and oil. Add steaks, and cook to desired doneness.
5. Plate steak with Steak Topper and drizzle with balsamic glaze.





04. Sweet Chili Garlic Brussels Sprouts

If you're looking for a way to make your Brussels sprouts more exciting, then let us introduce this chili garlic sauce recipe to you. You'll be surprised at how delicious these Brussels sprouts are!



Serves - 3



Prep - 5 Min.

Cook - 20 Min.

Ingredients

- 1/2 cup sweet chili sauce
- 3 tablespoons melted butter
- 1 tablespoon chili garlic sauce
- 2 cloves garlic, finely minced
- 2 tablespoons lime juice
- Salt and pepper to taste
- 1 package Crazy Fresh Brussels

Sprouts Meal Mate

Preparation

1. Melt butter in a medium saucepan. Add sweet chili sauce, chili garlic sauce, garlic and lime juice. Simmer on low, stirring occasionally for 5 minutes.
2. Sauté Brussels sprouts until charred and fork tender, about 10-15 minutes.
3. When the Brussels sprouts are done cooking, add 1/4 cup of the sauce, and top to coat.
4. Serve with your favorite protein.





05. Chicken and Cheddar Broccoli

This recipe contains all the necessary ingredients to create a delicious meal that your entire family will love. The combination of cheddar, broccoli, and bacon is sure to please!



Serves - 2



Prep - 2 Min.

Cook - 20 Min.

Ingredients

- 2 chicken breasts
- Salt to taste
- Pepper to taste
- 1 package Crazy Fresh Broccoli Meal Mate

Preparation

1. Season your chicken breasts with salt and pepper. Bake them in the oven until no longer pink in the middle.
2. Meanwhile, sauté broccoli over medium heat until browned and fork tender, 10-15 minutes.
3. Plate with cooked chicken breast.
4. Top with cheese and bacon. Broil until cheese is melted, 3-5 minutes.





06. Herb Crusted Pork Chops & Beans

Herb crusted pork chops with green beans is a quick and easy dinner that delivers big taste. We pair lean, juicy pork chops with fresh green beans for a simple side dish. Our Green Bean Meal Mate is sure to save you time!



Serves - 2



Prep - 20 Min.

Cook - 15 Min.

Ingredients

- 2 boneless thick-cut pork tenderloin chops
- 1 package Crazy Fresh Green Beans Meal Mate
- 1/2 teaspoon fresh thyme
- 1/2 teaspoon fresh rosemary
- 1/2 teaspoon fresh marjoram
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried minced onion
- 1/2 teaspoon ground coriander seed
- 1/2 teaspoon red pepper flakes
- Salt to taste
- 4 tablespoons vegetable oil

Preparation

1. Finely chop all fresh herbs, combine with dry herbs, salt and pepper and set aside.
2. Rinse and pat dry pork chops. Evenly coat all sides of pork chops with herbs, and press firmly onto meat.
3. Heat 2 skillets, one to medium and one medium-high. Add 2 tbsp. oil to each when hot. Add pork chops to one and green beans to other.
4. Pork chops should sizzle immediately, but not smoke. Turn at least twice until finished with an internal temperature of 145°.
5. Consistently stir green beans until finished.





07. Asparagus Red Pepper Frittata

Fresh asparagus and peppers come together great in this quick and easy frittata. The versatile ingredients mean it's perfect for brunch, lunch or dinner. It's a healthy flavorful dish everyone will enjoy!



Serves - 4



Prep - 5 Min.

Cook - 15 Min.

Ingredients

- 1 tablespoon olive oil
- 2 teaspoons minced garlic
- 1 container Crazy Fresh Asparagus Meal Mate
- 8 large eggs
- 1 tablespoon milk
- 1 teaspoon dried basil
- Pinch of salt
- Pinch of ground black pepper
- 3 tablespoons Parmesan cheese, grated

Preparation

1. In a bowl, beat together the eggs, milk, basil, salt and pepper. Set aside.
2. Preheat broiler. Heat the olive oil in a large, heat-safe skillet over medium heat.
3. When the oil is hot, add the garlic and Asparagus Meal Mate. Sauté until fragrant, about 5 minutes.
4. Pour the egg mixture into the skillet, and cook about 4 minutes or until bubbles form.
5. Sprinkle with cheese, and transfer to oven.
6. Cook until top puffs and browns, about 3 minutes.

