

THE PENDULUM

FEBRUARY 15-18, 2023



Laissez les bons temps rouler."

What's in the Box?

The Mardi Gras Box

- Smoked Andouille
 Sausage
- Chicken Breast
- Ground Beef
- Boneless PorkChops

Red Beans and Rice

Ingredients:

1 cup basmati rice

1 tablespoon vegetable oil

³/₄ lb. smoked andouille sausage, thinly sliced

1 medium sweet onion, diced

1 green bell pepper, diced

2 celery ribs, *diced*

2 tablespoons tomato paste

3 cloves garlic, *minced*

1 ½ teaspoons Cajun seasoning

3 15-ounce cans red beans,

drained and rinsed

3 cups chicken stock

1 teaspoon hot sauce

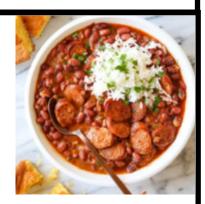
1 bay leaf

Kosher salt

Freshly ground black pepper 2 tablespoons chopped parsley

Instructions:

In a large saucepan of 2 cups water, cook rice according to package instructions; set aside. Heat vegetable oil in a large stockpot or Dutch oven over medium heat. Working in batches, add sausage, and cook, stirring frequently, until sausage is lightly browned, about 3-4 minutes; set aside. Add onion, bell pepper and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in tomato paste, garlic and Cajun seasoning until fragrant, about 1 minute. Stir in red beans, chicken stock, hot sauce, bay leaf and sausage; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer for 15 minutes. Uncover; continue to simmer until reduced, an additional 15 minutes. Using a wooden spoon, mash beans until slightly thickened, if desired; season with salt and pepper, to taste. Serve immediately, topped with rice and garnished with parsley, if desired.



Cajun Chicken Pasta

Ingredients:

12 ounces penne pasta

2 tablespoons butter

1 tablespoon olive oil

1 cup diced white onion

1 red bell pepper, seeded and diced

4 large cloves garlic, minced

2 teaspoons Cajun seasoning

1 teaspoon dried basil

1 teaspoon paprika powder

1 teaspoon ground black pepper

teaspoon salt

1/4 teaspoon cayenne pepper, more or less depending on taste

1 pound chicken breast, cut into bite size pieces

1 cup parmesan cheese, freshly shredded

1 cup heavy cream

4 ounces cream cheese, at room temperature

¼ cup chicken stock

Instructions:

Cook the pasta, drain, rinse with cold and set aside. While the pasta is cooking, add the butter, olive oil and onion to a large pot over medium-high heat and cook for 3-4 minutes, or until the onion becomes translucent. Add the red bell pepper, garlic, Cajun seasoning, basil, paprika, ground black pepper, salt and cayenne pepper. Stir to combine and cook for 3 more minutes or until the bell pepper starts to become soft. Add the chicken and stir and cook for another 6-8 minutes or until the chicken is cooked through. Add the parmesan, heavy cream, cream cheese and chicken broth and stir and cook for 8-10 minutes or until the sauce starts to thicken and the cream cheese has fully melted. Add the cooked and drained pasta and stir to coat pasta with sauce. Cook for 2-3 minutes, then serve with freshly chopped parsley on top, if desired.

