



### CAJUN BARRAMUNDI & SHRIMP SKEWERS

#### Ingredients

Jumbo tiger shrimp, peeled, tail on  
1 filet of Barramundi fish  
1 tsp rosemary  
1 tsp paprika  
1 tsp oregano  
1 tsp sea salt  
½ tsp thyme  
½ tsp cayenne  
½ tsp black pepper  
1 tsp garlic powder  
1 tsp onion powder  
3 cloves garlic, pressed  
1 tbsp extra-virgin olive oil

#### Preparation

Make a paste with ingredients and rub over shrimp and fish. Skewer shrimp and grill all seafood. Finish with a squeeze of fresh lemon.

### COUSCOUS SALAD WITH HERBS

#### Ingredients

1 cup couscous  
1 cup Italian parsley, finely chopped  
1 cup cilantro, finely chopped  
½ English cucumber, thinly sliced  
½ red onion, thinly shaven  
½ tomato, finely chopped  
3 tbsp lemon juice  
¼ cup extra-virgin olive oil  
1 tbsp wine vinegar  
Salt and pepper, to taste

#### Preparation

Put the couscous in a large bowl and pour 1 ¼ cups boiling water over it. Cover with a lid or a plate and set aside for 5 minutes. Then remove the lid and fluff with a fork. Toss the herbs, cucumber, onion, and tomato with the couscous. Whisk together the lemon juice, olive oil, and wine vinegar, then toss this dressing with the couscous. Taste and season generously with salt and pepper.

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## MANGO AVOCADO SALSA

### Ingredients (Salsa)

1 mango, cut into small pieces  
1 avocado, cut into small pieces  
½ a red pepper, diced  
½ a red onion, diced  
1 jalapeno, finely chopped  
2 cloves of garlic, minced  
Handful of cilantro, chopped  
2 tbsp extra virgin olive oil  
Juice of 1 lime  
¼ tsp sea salt  
freshly ground black pepper

### Preparation

Combine all ingredients in a bowl. Adjust seasonings as needed.

## FENNEL KALE SLAW WITH COCONUT MANGO VINAIGRETTE

### Ingredients (Slaw)

2 heads black kale, thinly chopped  
2 fennel bulbs, thinly sliced  
2 carrots, shredded  
4 watermelon radishes, thinly sliced  
½ head of purple cabbage, thinly sliced  
1 head cilantro, torn

### Ingredients (Dressing)

½ cup coconut milk  
1 mango  
3 garlic cloves  
2 tbsp shredded coconut  
2 tbsp apple cider vinegar  
½ lemon, juiced  
1 tbsp raw honey  
1 tsp Dijon  
½ tsp vanilla  
¼ cup olive oil  
sea salt and pepper

### Preparation

Blend all ingredients and toss with slaw.

### CHILEAN SEA BASS WITH TEQUILA LIME RUB

Combine salt, chili powder, thyme, lime zest, garlic powder, paprika and onion powder. Rub into sea bass filet and grill until fish begins to flake from skin. Serve as is or in taco!

### SEA BASS FISH TACOS

#### Ingredients

8 fresh corn tortillas  
lime wedges for garnish  
torn cilantro leaves for garnish  
Chilean sea bass

#### To assemble tacos:

Grill fresh corn tortillas until warm. Top with finished sea bass, kale fennel slaw and mango avocado salsa and garnish with freshly squeezed lime and cilantro.

### MARINATED JERK CHICKEN

#### Ingredients

8-10 chicken legs and thighs, slit with a knife  
1 tsp allspice  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp ginger powder  
1 tsp paprika  
1 tsp thyme (fresh or dried)  
1 tsp sea salt  
½ tsp black pepper  
½ tsp cinnamon  
½ tsp nutmeg  
½ tsp cayenne, or more if you like the heat  
¼ cup apple cider vinegar  
¼ cup avocado oil  
Juice of 1 lime

#### Preparation

Whisk all ingredients together in a bowl and add chicken. Marinate a minimum of 6 hours to overnight. Turning often, grill on medium heat for 30-45 minutes, or until there is no longer any pink.

### SUMMER KALE SALAD

Mix kale, red cabbage, pine nuts, almond slices, dried apples, cranberries and tomatoes (onions optional). Dress with olive oil, apple cider vinegar, lemon juice, Manuka honey and Himalayan sea salt.



## MAPLE GLAZED SWEET POTATO

### Ingredients

2 large sweet potatoes  
¼ cup avocado oil  
¼ cup maple syrup  
2 tbsp apple cider vinegar  
¼ tsp sea salt  
¼ tsp cayenne pepper  
1 clove of fresh garlic

### Preparation

Cut ¼ inch vertical strips of sweet potato and marinate in remaining ingredients for 20 minutes to 1 hour. Grill, turning every couple of minutes, until soft and cooked through, approximately 8-10 minutes.

## EASY TERIYAKI SALMON

### Ingredients

One slab of salmon  
¼ cup tamari sauce  
¼ cup coconut aminos  
1 tbsp minced garlic  
1 tbsp minced ginger  
½ tsp chili flakes (optional)  
¼ tsp freshly ground black pepper  
One cedar wood plank, soaked in water for at least 4 hours

### Preparation

Combine all ingredients in a bowl or freezer bag and marinate for 20 minutes to 1 hour. Place on soaked cedar plank and grill for 15-20 minutes, depending on thickness of your salmon. Baste every few minutes with leftover marinade. Salmon will be done when it flakes apart easily with a fork.

## GRILLED BALSAMIC ASPARAGUS

### Ingredients

1 package of asparagus, about 20 spears  
1 tbsp avocado oil  
1 tbsp balsamic vinegar  
2-3 cloves of garlic, minced  
½ tsp Himalayan sea salt  
¼ tsp freshly ground black pepper

### Preparation

Mix all ingredients together and place asparagus directly on grill for 5 minutes, turning often.

## PINEAPPLE-MANGO COCONUT MINT GELATO

### Ingredients

1 cup full fat coconut milk  
1 lime, squeezed  
1 small, ripe mango, peeled  
2 tbsp coconut sugar, or raw honey  
10 torn mint leaves  
2 ½ heaped cups of frozen pineapple  
1 drop peppermint essential oil

### Preparation

Place ingredients in a high-speed blender for approximately 45 seconds, or until smooth and well combined. Pour into individual cups and garnish with more mint leaves for the perfect end to your backyard BBQ party.

## PETER'S BEST BURGERS

### Ingredients

1 lb. pure ground chuck beef (80% beef/20% fat blend)  
1 tbsp Paprika  
1 tsp Onion Powder  
1 tsp Garlic Powder  
¼ cup Parmesan Cheese  
½ cup Bread Crumbs  
¼ cup Chopped Onions  
1 tbsp Chopped Garlic  
1 tsp Dried minced Onion  
¼ cup Chopped Fresh Parsley  
2 Eggs

### Preparation

Mix all ingredients – do not overmix the meat. Shape into patties (make a dent in the middle of the burger to prevent it from popping). Grill the patties 5 minutes per side, turning once, until done. Serve on brioche buns with your choice of toppings.

## CAJUN CORN

Mix paprika, garlic powder, onion powder, thyme, and red pepper flakes. Grill sweet corn and coat with butter and lemon. Sprinkle seasoning mixture onto corn and enjoy!

## GRILLED SALAD

Grill romaine lettuce, tomato, red onion, Belgian endives, and Portobello mushroom. Top with vinaigrette made with olive oil and reduced balsamic vinegar.