HONEY GARLIC CHILI CHICKEN WITH JICAMA FRIES AND BRUSSEL SPROUTS

Ingredients
2 bone-in, grass-fed chicken breasts
1 medium jicama, peeled and cut into fries
2 cups of Brussel sprouts
6 garlic cloves, minced
1 tsp garlic powder
1 tsp paprika
1 onion powder
1 tsp dried oregano
1 tsp chili powder
½ tsp cayenne powder (optional)
1 tsp sea salt
½ tsp freshly ground black pepper
2 tbsp raw honey
¼ cup avocado oil
Juice of 1 large lime or lemon
½ of a red chili, seeded and sliced, as garnish
Torn cilantro as garnish
2 tbsp of avocado mayo

Preparation
1. Preheat oven to 375°F. Prepare a baking sheet with parchment paper.

2. In a medium pot of water, par-boil jicama for 10 minutes until fork tender. Strain and rinse with cold water and allow them to dry in a bowl over paper towel. Set aside.

3. Prepare chicken by patting dry with paper towel and scoring the top with a sharp knife. Set aside.

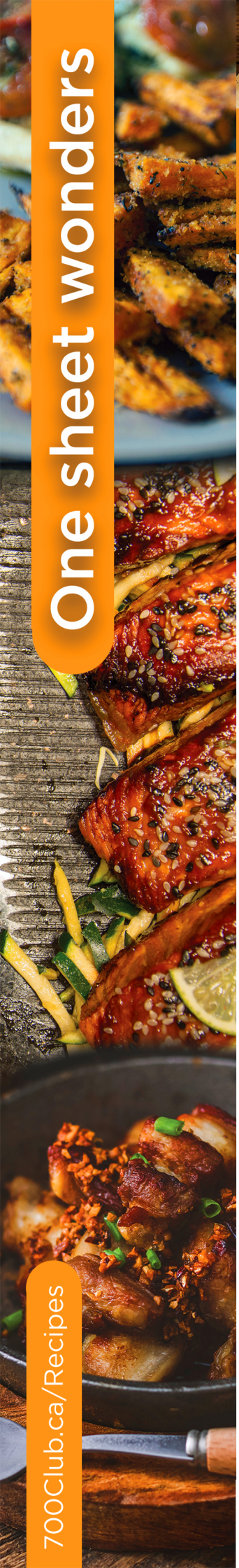
4. Clean and halve Brussel sprouts. Set aside.

5. Combine garlic, garlic powder, paprika, onion powder, oregano, chili powder, optional cayenne, sea salt, black pepper, honey, avocado oil and lime juice in a large bowl and mix well. Reserve 1 tbsp of the mixture into a small bowl.

6. Start by coating the Brussel sprouts in the mixture and arranging them on the baking sheet. Next, coat the jicama fries and place on the baking sheet, and finally, the chicken breasts, making sure to scrap up all of the mixture with them. Don't waste a drop!

7. Bake for 40-45 minutes and allow chicken to rest for 5 minutes before serving.

8. While the chicken is resting, add the avocado mayo to the reserved spice mixture and combine to make a dip.
Finish the dish by garnishing with red chilis and torn cilantro.
Serve with the Honey Garlic Chili
Mayo and enjoy!



HERB-CRUSTED SALMON WITH LITTLE POTATOES AND PEPPERS

Ingredients
1 slab of wild salmon
1 small bag of little potatoes, halved
2 bell peppers cut into large pieces
1 cup chopped green onion
2 garlic cloves
1.5 tbsp fresh thyme
1.5 tbsp fresh oregano
4 mint leaves
Handful of fresh parsley
½ green chili (optional)
2 tbsp avocado oil
1 tbsp fresh ginger
1 tbsp ground allspice
2 tsp ground black pepper
1 tsp sea salt
¼ teaspoon ground nutmeg
Lime wedges, for garnish

Preparation
1. In a food processor, purée green onion, garlic, thyme, oregano, mint, parsley, chili (if using), avocado oil and spices until a paste is achieved. You may need to add more oil as you go to get the right consistency.

2. Prepare the salmon by patting dry with paper towel and generously season with salt and pepper. Next, score the top of the salmon with a sharp knife. Do not cut straight through. This will allow the spices to penetrate deeper into the fish. Coat the salmon with half of the herb mixture, setting aside the other half, and cover and chill for 30 minutes to 1 hour.

3. Meanwhile, in a pot of boiling water, par-boil potatoes for 8-10 minutes and slightly fork tender. Drain and rinse with cold water and dry.

4. Preheat oven to 375°F. Toss the potatoes and peppers with the remaining herb mixture. Arrange salmon, potatoes and peppers onto a parchment-lined baking sheet and press down on the potatoes slightly with a potato masher or the back of a spoon. This will help them cook faster and crisp up nicely. Bake for 20-25 minutes, depending on the thickness of your salmon, and until the potatoes are crispy. Squeeze fresh lime juice over top of the entire dish and serve.