

# Chef prepared meals featuring FRESH & HEALTHY INGREDIENTS!

Enjoy in the comfort and safety of your own home. Each box contains pre-cooked main dishes, fresh fish, fresh local produce, local eggs, fresh baked bread, and a dessert. Order online and pick up at the designated ChefZone Curbside date!



Each box includes up to five (5) meals for a family of four (4) including preparation instructions.

Chef crafted meals feature fresh and healthy locally sourced ingredients and produce including seasonal items.

**Box prepared by**Chef Moumen El Hajji
of Pur Sina Hawaii



#### FROM THE CHEF

### Prepared Foods (4 portions of each)

- Jamaican Jerk Pork Chops with Mango Chutney
- Grilled Chicken with Guava BBQ Sauce
- Roasted Garlic Mashed Potatoes
- · Korean Multigrain Rice
- Indian Yellow Split Pea Soup

#### **Hand Baked**

- Oatnut Wheat Bread
- Dark Chocolate Tart

#### **FRESH LOCAL ITEMS**

- Day Boat Fresh Fish (4 portions)
- Local Fruits & Vegetables from Aloun Farms
- Oahu Fresh Eggs from Eggs Hawaii (1 dz.)

\*Menu subject to change based on product availability.

## **ORDER YOUR BOX TODAY!**



#### Step 1

Visit ChefZone.com and click on 'da CHEFS box' link. Add your 'da CHEFS box' to your cart and complete your order.





#### Step 3

Follow our included step-by-step instructions to prepare and then enjoy! Please refrigerate perishable items.





Pick up your box at the designated ChefZone CurbSide date. Check your email for pickup instructions.

















## Follow these simple instructions to enjoy da CHEFS box meals at home.

Mix-and-match products from the box and experiment with adding items from your pantry to create your perfect meal.

Jamaican Jerk Pork Chops Enjoy By: July 17, 2020	Microwave on high for 2 minutes or heat in the sealed bag in a pot of simmering water for 7-8 minutes.  Top with Mango Chutney.
Grilled Chicken Enjoy By: July 17 2020	Microwave on high for 2 minutes or heat in the sealed bag in a pot of simmering water for 7-8 minutes.  Top with Guava BBQ Sauce.
Fresh Local Fish Enjoy By: July 17, 2020	Option: Season fish with salt, pepper, rosemary and olive oil. Cook under the broiler for one (1) minute, turn over and cook two (2) more minutes, let stand in the pan for five (5) minutes and enjoy.
Roasted Garlic Mashed Potatoes Enjoy By: July 17, 2020	Microwave on high for one (1) minute or heat in the sealed bag in a pot of simmering water for 7-8 minutes.
Korean Multigrain Rice Enjoy By: July 17, 2020	Microwave on high for one (1) minute or heat in the sealed bag in a pot of simmering water for 7-8 minutes.
Indian Yellow Split Pea Soup Enjoy By: July 17, 2020	Microwave on high for ninety (90) seconds or heat in a pot to desired temperature.
Oatnut Wheat Bread Enjoy By: July 17, 2020	Serve at room temperature, or toasted, with butter. Enjoy with your Indean Yellow Split Pea Soup!
Dark Chocolate Tart Enjoy By: July 17, 2020	Serve with your favorite fruit topping.





