



Warm and Spicy

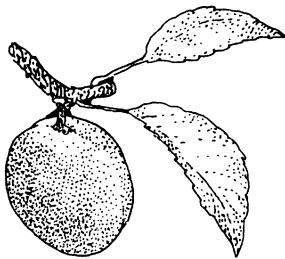
Tagine Inspired Couscous Salad

½ C. uncooked golden couscous (1 ¼ cups cooked)
1 can chickpeas, drained and rinsed
½ C. parsley, chopped
½ C. cilantro, chopped
¼ C. sliced almonds
salt and pepper to taste

Harissa Apricot Dressing

2 Tbs. olive oil
3-5 tsp. harissa (depending on spice level desired)
2 tsp. Tait Farm Apricot Butter
2 tsp. Tait Farm Ginger Mustard
½ tsp. ground cumin
¼ tsp. ground cinnamon

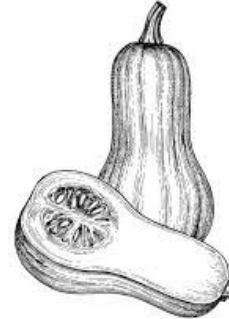
- ~ Bring ¾ cup water to boil and then add uncooked couscous with a pinch of salt. Remove from heat and cover, let stand for 5 minutes, then transfer to a medium bowl and fluff with a fork.
- ~ While the couscous is cooking make the **Harissa Apricot Dressing** by whisking together all the ingredients.
- ~ Add the remaining ingredients to the couscous and toss with the dressing, add salt and pepper to taste.
- ~ If not serving immediately, wait to add the sliced almonds.



Molé-ish Chicken

5 Tbs. Tait Farm Chipotle Mustard
3 tsp. Bumbleberry Farms Dark Chocolate Honey Cream Spread
1 tsp. lime juice
¼ tsp. chipotle chili powder
3 C. shredded chicken (approximately 1 rotisserie chicken)
salt and pepper to taste
Cilantro & avocado for serving (optional)

- ~ In a medium bowl whisk together the mustard, honey cream spread, lime juice, and chipotle chili powder.
- ~ Remove the chicken meat from the bones of a rotisserie chicken and toss with the mustard sauce.
- ~ Add salt and pepper to taste.
- ~ Serve with cilantro and avocado in tacos or over rice.



Mango Habanero Curry

2 Tbs. olive oil
1 red onion, diced
3 cloves garlic, minced
2 Tbs. red curry paste
1 Tbs. Tait Farm Ginger Mustard
3 Tbs. Mango Habanero Mustard
4 C. butternut squash, cubed
1 can full-fat coconut milk
(don't use low-fat or the sauce won't be thick enough)
3 Tbs. Tait Farm Lime Shrub
salt and pepper, to taste
jasmine rice and cilantro for serving (optional)

- ~ Heat the olive oil in a large pot or Dutch oven over medium high heat. Add the onion and garlic and saute for about 3-5 minutes until they start to soften but not brown.
- ~ Add the curry paste and the mustards, stir and let them bloom for about 1-2 minutes.
- ~ Add the butternut squash and toss to coat in the curry/mustard mixture.
- ~ Add the coconut milk and bring to a low boil and then lower to a simmer and add the lime shrub.
- ~ Simmer for about 30 minutes or until the squash can be easily pierced by a fork. Add salt and pepper to taste.
- ~ Serve over jasmine rice and cilantro (optional).

