



# THE GOURMET MAY 2025 SCOOP

THE PEOPLE WHO  
GIVE YOU THEIR FOOD

GIVE YOU  
THEIR *heart.*

- Cesar Chavez

## Polynesian Chicken Stir Fry

- 2 boneless skinless chicken breasts, cut into strips
- 2 Tbsp. olive oil
- 1 Tbsp. Polynesian Pineapple Rub & Seasoning
- 2 tsp. Onion, Garlic & Herb Seasoning
- 1 red bell pepper, sliced
- 1 cup fresh or canned pineapple chunks

- Sauce
- 1/3 cup General Tso's Sauce
  - 2 tsp. cornstarch
  - 1/4 cup water
  - 2 Tbsp. soy sauce
- Combine sauce ingredients and set aside

In a large skillet or wok, heat oil over medium high heat. Add chicken and seasonings, stir fry until cooked through, about 5-7 minutes. Remove chicken and set aside. In the same pan, add a little more oil if needed and add the vegetables and pineapple chunks. Stir fry for 3-4 minutes. Return the chicken to the pan for 3-4 minutes. Pour the sauce over the stir fry and cook for 2-3 minutes. Garnish with green onion and serve over rice.



## VERY BERRY TARTS

- 1 packet Very Berry Dip & Dessert Mix
- 1 brick (250 g) cream cheese, softened
- 2 cups Cool Whip
- Fresh berries
- Toasted almonds (optional)
- Store bought or homemade tart shells (baked)

In a bowl, beat the softened cream cheese with the Very Berry Dip & Dessert Mix until smooth and creamy. Gently fold in the Cool Whip until fully combined. Spoon the mixture into tart shells and refrigerate for at least 2 hours to set. Just before serving, top each tart with fresh berries and almond pieces.

\* Photo and recipe presented by Lisa Reyes-consultant.  
Thank you Lisa!

## Grilled Pork Tenderloin

- 2 pork tenderloins
- 1 Tbsp. Olive Oil
- 1 Tbsp. Brown Sugar Chili Rub & Seasoning
- 1 Tbsp. Sunset Seasoned Salt

Prepare pork tenderloin by removing any bits silver skin and tissue. Rub pork tenderloin with olive oil and sprinkle with seasonings; rub into pork and refrigerate for 2 hours. Remove from refrigerator and let stand at room temperature for 30 minutes. Preheat BBQ to medium heat. Grill pork for approximately 15 to 20 minutes or until slightly pink in the middle and/or internal temperature reaches 145°F. Amp up the flavour with a drizzle of **Awesome Everything Sauce**.



## Dilly-Licious Pickled Red Onions

- 1 packet Dilly-Licious Pickling Mix from our **<In A Snap - 10 Minute Quick Pickle Kit>**
- 4 cups red onions, thinly sliced
- 1 cup red wine vinegar
- 1 ½ cups water
- 1 litre (1 quart) jar or 4 smaller jars

Fill a clean jar or container with onions. Combine pickle mix with vinegar and water. Bring to a boil; remove from heat. Using a funnel, pour over onions in the jar. Cap jar with lid. Cool, then refrigerate. Store in refrigerator and enjoy for up to 3 weeks. Use on sandwiches, salads, burgers, hot dogs in wraps and more!



Cook Once  
Eat Twice  
Pork Sandwich  
on a  
Ciabatta Bun

## Pork Ciabatta Buns

- Sliced pork tenderloin
- Sliced tomatoes
- Lettuce
- Hot Pepper Bacon Jam
- Sweet Onion Aioli Sauce
- Ciabatta Buns

Spread Hot Pepper Bacon Jam and a drizzle of Sweet Onion Aioli Sauce on the bottom half of a ciabatta bun. Layer with sliced pork tenderloin, tomatoes and lettuce. Add salt and pepper to sliced tomatoes for additional flavour.



## Grilled Vegetable Foil Pack

- 5-6 Potatoes
- 5 Carrots
- 1 Onion
- 2 Tbsp. Fresh Harvest Garlic Olive Oil
- 2 tsp. Brown Sugar Chili Rub & Seasoning
- 1 Tbsp. Onion Garlic & Herb Seasoning
- Choose any vegetables you like and cut them into 1 ½ inch pieces
- Broccoli
- 2 tsp. Lemony Dill

In a large bowl place all of the vegetables, drizzle with oil and add seasonings. Mix until vegetables are evenly coated. Let vegetables marinate while the barbecue is heating. Using two layers of foil, place vegetables on the foil and wrap. When ready to grill, place packet seam side up, grill over low/medium heat. Cook 25 to 35 minutes or until vegetables are tender. Turn up the heat in the last ten minutes of cooking.