



30 MIN MEALS

By: Chef La Pref 🧑‍🍳

Save the money and ditch the takeout. It's time to put the power of the pan in your hands! We challenge you to make one of these delish dishes in a half hour or less.

Post a photo and use the hashtag **#LaPrefCooking** for a chance to win a gift box of goodies.

The time starts....now! *Tick Tick*





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HUEVOS RANCHEROS

For a breakfast with a bang give these "ranch eggs" a try! A traditional Mexican dish of fried eggs over tortillas and smothered in salsa.

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ADOBO SALMON & RAINBOW STIR FRY

A vibrant combo of veggies like bell peppers, hominy, and kale will leave quite an impression on your plate and your tastebuds.

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CAULIFLOWER AL PASTOR TACOS

A vegetarian twist on the classic Al Pastor taco gives taquerias a run for their money. A little smokey, a little sweet - and a lot of deliciousness!

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AL PASTOR CHICKEN QUESADILLAS

6 ingredients stand between you and cheesy chicken perfection. Whip up this delectable dish in under 20 minutes.

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CARNE ASADA CROSTINIS W/ AVOCADO SALSA

Elevate your appetizer game with these simple steak tapas. The irresistible combo of flank steak atop crispy bread is sure to be a fan favorite.

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WHEAT BERRY & AVOCADO SALAD

Kernels of wheat (known as the wheat berry) make for a refreshing new twist on salad when paired with creamy avocado and tangy salsa verde.



= vegetarian recipe



*Huevos
Rancheros*



*Adobo
Salmon with
Stir Fry*



*Wheat Berry
& Avocado
Salad*



*Carne Asada
Tapas*

Huevos Rancheros

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 5

Ingredients:

- 6 eggs
- 3 Tablespoons vegetable oil + 1 Tablespoon
- 1 pkg corn tortillas (10 ct.)
- 1 onion, diced
- 1 cup green/red bell pepper, sliced
- 2 garlic cloves, minced
- 1 jar La Preferida Organic Pico de Gallo Salsa**
- 1 can La Preferida Diced Green Chiles, 4oz
- 1 cup shredded cheese
- 1/2 cup fresh cilantro, chopped

Instructions:

To prepare eggs sunny-side up:

Heat 1 Tablespoon of oil in a skillet over low heat for approx. 5 minutes. Crack the egg into a small ramekin or dish. Slowly add egg to skillet without breaking the yolk. Repeat with remaining eggs. Be careful not to crowd the skillet, you may have to do this in multiple rounds.

Cover the skillet with the lid and cook for approx. 2 minutes or until whites are set and yolk is still runny. Slide the eggs off of the skillet onto a plate. Set aside.

For the sauce:

In a large skillet, heat 3 Tablespoons of oil over medium heat. Sprinkle water in the pan, if it pops - the water is hot enough. Fry tortillas on both sides until lightly browned (approx. 15-30 sec each side). Set aside on paper towels to remove excess oil.

With the remaining oil, sauté onions, bell peppers, and garlic. Cook for 3-4 minutes, stirring occasionally, until peppers are tender. Add salsa and diced green chiles. Bring contents to a boil – then remove from heat.

Top each tortilla with salsa, egg, and cheese. Garnish with cilantro.



Chef La Pref Tips:

- Break eggs in a dish beforehand to prevent eggshells from falling into your meal. If a shell does fall in, use a larger shell to scoop it out – it will stick!
- Substitute Pico de Gallo with our Organic Salsa Verde or Avocado Tomatillo Salsa



Adobo Salmon & Rainbow Stir Fry

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 3

Ingredients For the Salmon :

- 3 salmon fillets, skinless
- 1 teaspoon La Preferida Adobo Seasoning **

For the Stir Fry

- 4 Tablespoons La Preferida Olive Oil
- 1/4 red onion, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 cups La Preferida Purple Hominy, drained
- 2 Tablespoons jalapeño, minced (remove seeds)
- 1 can La Preferida Whole Kernel Corn, 15oz (reserve water)
- 1 teaspoon La Preferida Adobo Seasoning **
- 1 teaspoon La Preferida Fajita Seasoning
- 1 garlic clove, minced
- 1 cup kale, chopped
- 1/2 cup cilantro, chopped
- *optional: replace Adobo seasoning with La Preferida Organic Fish Taco Seasoning

Instructions:

Preheat oven to 350 degrees F.

Lightly coat salmon with Adobo seasoning on all sides.

Place salmon on top of foil-lined baking sheet or parchment paper. (Additional options: non-stick baking sheet or non-stick pan with oven-proof handle.) Bake for 15 minutes until it's cooked through.

In a large pan over medium heat, add olive oil and combine onions, bell peppers, hominy, jalapeño, and half of the corn. Season with 1 teaspoon of adobo and 1 teaspoon of fajita seasoning – stirring occasionally for 2 minutes.

Add garlic, kale, and 1/2 cup of corn water. Continue stirring for 2 more minutes. Add cilantro and season to taste.

To serve: spoon stir fry onto a plate and top with salmon fillet.

**** *Optional:*** substitute Adobo seasoning with La Preferida Organic Fish Taco Seasoning



Chef La Pref Tips: Cooking Fish

- To check whether your fish is done without cutting it, insert the tip of a paper clip into the fillet for a few seconds and touch it to your lips.
- If the paper clip is cold, the fish needs more time. If it is hot, the fish is overcooked. If it's warm - congrats it's just right!



Cauliflower Al Pastor Tacos

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients :

- 2 Tablespoons La Preferida Olive Oil
- 1 head cauliflower, cut into small florets
- 1 red bell pepper, sliced thin
- 1/2 yellow onion, sliced thin
- 1 cup fresh pineapple, diced small
- 1 pkt. La Preferida Organic Al Pastor Taco Seasoning
- 1/2 cup La Preferida Cactus (Nopalitos), rinsed and drained
- 12 corn tortillas
- 2 Tablespoons La Preferida Red Jalapeño Slices
- La Preferida Avocado Tomatillo Salsa, Mild - to taste
- 1/4 bunch of cilantro, rinsed, dried, and chopped

Instructions:

In a large skillet, heat olive oil over medium heat. Once heated, add cauliflower, bell peppers, onions, salt and pepper to taste. Cook for 7-10 minutes stirring frequently until the cauliflower has softened and the onions have caramelized.

Reduce heat to low and stir in pineapple and Al Pastor taco seasoning. Simmer for 2 minutes until the sauce has reduced and the vegetables are thoroughly coated. There will be sauce left in the pan.

Remove pan from heat and stir in cilantro and cactus. Set aside. Warm tortillas in the microwave or on the stove top. Layer with cauliflower mixture and drizzle with remaining sauce from pan. Top with red jalapeño slices and Avocado Tomatillo Salsa.



Chef La Pref Tips: Did You Know?

- Al Pastor means "shepherd style" due to the fact that the technique was brought over by Lebanese immigrants to Mexico. The flavors evolved to incorporate native spices, chilis, and fresh pineapple.
- Our Organic Al Pastor seasoning uses real pineapple as well.



Al Pastor Chicken Quesadillas

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 5

Ingredients :

- 1 lb. chicken thighs, boneless & skinless
- 1 pkt. La Preferida Organic Al Pastor Taco Seasoning **
- 1 pkg. La Preferida flour tortillas (10 ct.)
- 8 oz. shredded cheese (any kind)
- La Preferida Jalapeño Nacho Slices, mild or hot
- 2 Tablespoons La Preferida Olive Oil

Instructions:

Pat chicken dry.

Grill/ Pan option: Slice thighs in half and coat chicken with Al Pastor Seasoning. *Follow seasoning packet directions.*

Baking option: *Preheat oven to 375 degrees F.*

Coat chicken with Al Pastor Seasoning. Place on non-stick baking sheet. (Thighs are fattier and do not require anything to prevent sticking.) Bake for 6-7 minutes, or until fully cooked. Remove from oven and allow to rest for 5 minutes before slicing. Note: cutting too soon will release the natural juices and dry it out.

For the tortillas: Place the same grill pan back over medium heat. Lay tortilla flat in the pan and layer with cheese, jalapeños, and chicken. Fold tortilla in half and cook on one side until lightly browned and cheese begins to melt.

Flip tortilla and cook the other side until golden brown.

** Optional: Substitute Organic Al Pastor Seasoning with La Preferida Organic Taco Seasoning.

Carne Asada Crostini Bites

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 20

Ingredients :

- 1 can La Preferida Mayo Coba Beans, 15 oz.
- 2 Tablespoons La Preferida Diced Green Chiles
- 1 baguette - med size, approx. 18 inches
- 4 Tablespoons La Preferida Olive Oil
- 1 lb. flank steak
- 20 pitted olives, pitted (any kind)
- 1 jar La Preferida Red Jalapeño Slices, 11.5 oz
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons pepper pepper
- 1 bottle La Preferida Avocado Tomatillo Salsa (Hot or Mild), 16oz
- *Recommended: 20 bamboo skewers or toothpicks*

Instructions:

Preheat oven to 350 degrees F.

In a blender, pureé beans and diced green chiles – add water if necessary. Set aside.

Cut baguette into 20 slices about 1/4 inch thick. Brush with olive oil and lightly season with salt and pepper (about 1/2 teaspoon of each.) Bake for 15 minutes. Set aside.

Heat 2 Tablespoons of olive oil in a skillet. Season steak with 1 teaspoon each of salt and pepper and cook to desired temperature or doneness. Allow to cool for 5 minutes. Slice against the grain at an angle – small enough to fit on baguette slices.

Spread bean and chile pureé on baguette slices. Layer with steak, olive, red jalapeño. Top each piece with 1 teaspoon Avocado Tomatillo Salsa and pierce with skewer or toothpick.



Wheat Berry & Avocado Salad

Prep Time: 30 minutes

Cook Time: 45 minutes

Servings: 4-6

Ingredients For the Salad :

- 2 cups wheat berries
- 5 cups water
- 1 poblano pepper, roasted and diced
- 1 cup heirloom cherry or grape tomatoes, cut in half
- 2 celery stalks, chopped thin
- 1/4 bunch cilantro, chopped
- 1/2 cup radicchio (or purple cabbage), shredded
- 2 cups cauliflower florets, chopped small
- 2 limes, halved
- 1 avocado, sliced
- salt and pepper to taste

For Fresh Salsa Verde :

- 2 cans La Preferida Green Tomatillos (keep liquid), 11oz
- 1 serrano pepper
- 1 garlic clove
- 1/4 bunch cilantro
- 1/4 onion

Instructions:

In a large pot, cover wheat berries with 5 cups of water and bring to a simmer. Check after 30 minutes for doneness – should be chewy but not tough (can take up to one hour). When fully cooked, drain and rinse under cool water. Set aside in the refrigerator.

To prepare the salsa verde: blend tomatillos, serrano pepper, cilantro, onion, and garlic until smooth.

For the salad:

Cut poblano pepper in half lengthwise, and roast over a flame using heat-resistant tongs. Set aside to cool, then dice.

In a large bowl, combine poblano, celery, cilantro, cabbage, and cauliflower. Fold in wheat berries, salsa verde and lime juice. Add salt to taste and mix well. Add tomatoes and avocado last.

Substitutions:

- ***In place of wheat berries:*** substitute farro, barley, or freeke
- ***To roast poblano in the oven:*** Preheat oven to 425 degrees F. Cut pepper in half and remove seeds. Rub poblano with 1 Tablespoon olive oil and place on non-stick baking sheet. Roast 30-45 minutes until charred on all sides, turning occasionally. Let cool for 10 minutes, then dice.
- ***In place of fresh salsa verde:*** Substitute with a 16oz bottle of La Preferida Organic Salsa Verde.



Chef La Pref Tips: Wheat Berries

- If time permits, bring wheat berries to a boil, turn off heat and cover for one hour. This will make them soft and reduce the cooking time.



Cooking Question Got You In A Pickle?

Submit your requests to
chef@lapreferida.com to have
Chef La Pref answer them for you!