

Flare Free Masterclass

BONUS RECIPES



By Laura Rodriguez

FLARE FREE COOKING ACADEMY
flare free living starts in the kitchen

Grilled Steak with Roasted Potatoes + Asparagus

SIMPLE COOKING

Ingredients

- 2 bags of baby fingerling potatoes, large ones cut in half lengthwise
- Cold pressed avocado oil
- 4 of your favorite grass-fed organic steaks, at room temp
- 2 T soy-free vegan butter
- 1 bundle of asparagus, ends trimmed
- Sea salt and black pepper to taste

Instructions

1. Preheat the oven to 450°F and line a baking sheet with unbleached parchment paper.
2. Arrange potatoes on the baking sheet and drizzle with oil. Season with salt and pepper and roast for about 30-35 minutes until nearly done (tender inside and browned on the outside).
3. Heat your grill to hot on one side and low on the other side. Once hot, lightly oil the grates.
4. Season steaks with salt and pepper then grill over high heat for 2-3 minutes on the first side until nice grill marks form (making sure to not let the steaks catch fire).
5. Flip and move to the low heat side of the grill and continue to cook until the thickest part of the steaks reach an internal temperature of 125°F for medium rare -135°F for medium (about 3-7 minutes depending on how thick your steaks are and the temperature of your grill).
6. Push potatoes to one side of the sheet tray and add the asparagus to the other side. Drizzle asparagus with oil then season with salt and pepper. Cook for about 10 minutes until done to your liking.
7. Remove steaks from the grill then top with butter and let rest for 5 minutes.
8. Serve with potatoes and asparagus.



Roasted Salmon over Rice with Steamed Broccoli

SIMPLE COOKING

Ingredients

- 1 c organic white rice, rinsed
- 3 c filtered water + more for broccoli
- 24 oz. bag of ready to eat broccoli florets
- Extra virgin olive oil
- Four 4-6 oz. filets of wild caught salmon
- Optional: lemon wedges for garnish
- Sea salt and black pepper to taste

Instructions

1. Preheat the oven to 400°F and line a baking sheet with unbleached parchment paper.
2. Place water, rice and a big pinch of salt in a small pot. Bring to a boil then cover with a vented lid and turn heat down to low. Cook for about 20 minutes until steamed through then fluff with a fork.
3. Spread broccoli out onto the sheet tray then add a splash of filtered water. Drizzle with oil then season with salt and pepper. Roast for about 20 minutes until nearly done then move broccoli over to one side of the sheet tray.
4. Arrange salmon on the other half of the sheet tray and drizzle with oil. Season with salt and pepper and roast for 10-15 minutes until fish is bright pink and flakey all the way through (internal temperature should reach 145°F).
5. Serve with lemon wedges if using.



Flare Free Enchiladas

COMFORT FOOD

Ingredients

- Organic extra virgin olive oil
- 1 lb. boneless/skinless organic pastured chicken breasts, cooked and shredded
- 1 can of organic black beans, rinsed and strained
- 2 pkgs. soy-free shredded vegan cheddar
- 24 oz. gluten/sugar free enchilada sauce
- Cumin powder to taste (about 1/2 T)
- 2 pkgs. almond flour tortillas, thawed
- Sea salt and black pepper to taste

Instructions

1. Preheat the oven to 350°F.
2. Place shredded chicken and black beans in a large bowl.
3. Add a handful of shredded cheese.
4. Drizzle with about 1/2 c enchilada sauce.
5. Season to taste with cumin, salt and pepper.
6. Place your tortillas side by side on a cutting board then fill with about 4-5 tablespoons of filling and roll up.
7. Drizzle about 1/2 c of enchilada sauce on the bottom of a large baking dish.
8. Place enchiladas side-by-side, seam-side-down in the baking dish.
9. Coat with remaining sauce and sprinkle with remaining cheese.
10. Cover with foil and bake for 1 hour then serve with your favorite toppings.



Flare Free Mashed Potatoes

COMFORT FOOD

Ingredients

- 4 lg. baking potatoes, peeled + chopped
- 1/2 block of soy-free vegan butter
- Unsweetened almond milk
- Sea salt and black pepper to taste

Instructions

1. Boil potatoes until fall-apart tender.
2. Strain then place back in the pot.
3. Mash with butter.
4. Add almond milk until you've reached your desired consistency.
5. Season generously to taste with salt and pepper then taste and adjust seasoning by adding more salt, pepper or butter if needed.

Notes

Add cauliflower or broccoli to these to increase their nutritional value!



Flare Free Chicken Noodle Soup

COMFORT FOOD

Ingredients

- 2 T extra virgin olive oil
- 1 medium red onion, diced
- 4 carrots, diced
- 4 stalks of celery, diced
- 6 cloves of peeled garlic, minced
- 3 cooked boneless skinless organic pastured chicken breasts, shredded
- 2 qts. organic chicken broth
- 1/2 box organic brown rice spaghetti, cooked according to package instructions
- Sea salt and black pepper to taste
- Optional: minced parsley to taste



Instructions

1. Heat a medium stock pot over medium-high heat until warm.
2. Coat the pot with oil then add the onions, carrots and celery and saute with a pinch of salt and pepper for a few minutes until softened.
3. Add garlic and saute until aromatic.
4. Add broth and cover with a lid. Bring to a boil then cook on high, stirring occasionally, until carrots are tender.
5. Stir in shredded chicken and cooked noodles then simmer until flavors combine. Taste and adjust seasoning by adding more salt and pepper then serve with parsley garnish if using.

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