

Bangkok Chicken Salad

Bangkok Chicken Salad is delicious by itself, on top of a fresh handful of tender lettuce, or on your favorite bread or croissant. It's light, yet has a bit of a kick to it with each bite.

Simply delicious.

1. Ingredients:
2. 4-6 chicken breast fillets
3. Spicy Lady Rosemary Basil Oregano olive oil
4. 4 Tbsp. butter
5. 1 tsp sea salt
6. 1 tsp black pepper
7. 2 tsp. garlic granulates
8. 2 tsp. onion granulates
9. 2 Tbsp. Spicy Lady Bangkok Seasoning
10. 1/2 cup organic vegetable or chicken broth
11. 1/2 cup chopped red bell pepper
12. 1/2 cup chopped red onion
13. 2 stalks chopped green onion
14. 1-2 stalks chopped celery
15. 5 Tbsp. mayonnaise



Directions:

Pour Spicy Lady Rosemary Basil Oregano olive oil into a pan, add butter and melt on medium heat. Rinse chicken breasts and season with dry ingredients and Spicy Lady Bangkok Seasoning. Place chicken into the pan and cook on medium to low heat until golden brown on both sides. Add organic vegetable or chicken broth and simmer for another 10 minutes. While chicken is cooking, chop all the vegetables and put them in a bowl. Chop chicken and add to the bowl of chopped vegetables. Add mayonnaise and mix well. Serve the Bangkok Chicken Salad on a fresh plate of lettuce or on your favorite bread. Talk about good!

Cajun Sausage Pasta

Spicy Lady's Cajun Sausage Pasta is a delicious dish with authentic Cajun pizzazz that only a Louisiana-made seasoning can offer! It's also easy to make and only takes about 20 minutes. The Cajun flavor, the tender sausage, and the rich tomato cream sauce poured over penne pasta will keep you going back for a second and possibly a third helping. *Laissez les bon temps roulez!* (Let the good times role!)



Ingredients:

1. 1 pound of Sausage (preferably Cajun-style)
2. 2 eight ounce cans of plain tomato sauce
3. 1/2 cup whipping cream
4. Tbsp. Spicy Lady Cajun Seasoning
5. 1 Tbsp. garlic granulates
6. 1 Tbsp. onion granulates
7. 1-2 tsp. sea salt
8. 1-2 tsp. black pepper
9. 2 Tbsp. butter
10. 1 box of penne pasta

Direction:

Cut up sausage into cubes and saute' it in a pan with butter on medium to low heat. Season the sausage with 1 Tbsp. of Spicy Lady Cajun Seasoning. Stir until slightly brown. Pour the tomato sauce into a separate pot, add the remaining dry ingredients, and cook on low to medium heat for 5 minutes. Slowly whisk the whipping cream into the sauce, add the sausage, cover, and simmer for another 5 minutes. Boil the penne pasta until ready, then drain, and pour the Cajun sausage tomato cream sauce over it. You'll definitely need bread for dipping! Delicious!

Cajun Shrimp Gumbo



Ingredients:

1. 2-3 pounds of peeled and de-veined shrimp
2. Spicy Lady Rosemary Basil Oregano Olive Oil
3. 1 stick of butter
4. 1 Tbsp. sea salt
5. 2 tsp. of cracked black pepper
6. 3 Tbsp. of Spicy Lady Cajun Seasoning
7. 2 Tbsp. garlic granulates
8. 2 Tbsp. onion granulates
9. 1 Tbsp. parsley
10. 1 Tbsp. basil
11. 2 containers of organic vegetable broth
12. 2 bags of frozen gumbo/soup vegetables
13. 4 Tbsp. gluten-free flour

Directions:

Heat Spicy Lady olive oil in a large pot, add butter, shrimp, and dry seasonings. Cook the shrimp for about 10 minutes. Add vegetable broth and vegetables and cook for another 20 minutes. In another pan, make a roux by slowly heating 4 Tbsp. of olive oil and adding 4 Tbsp. of gluten-free flour. Cook until the flour is a golden brown color. Pour the roux into the gumbo pot and stir thoroughly. The gumbo should become thicker. Adjust seasonings to make sure that the taste is to your liking. Cover and simmer for 20 more minutes. Pour over rice and enjoy.

Chicken Tandoori Masala



Ingredients:

1. 2 Tbsp. Spicy Lady's Tandoori Masala Seasoning
2. 1 tsp. sea salt
3. 1/2 tsp. Spicy Lady's cracked black pepper
4. 1 tsp. Spicy Lady's granulated garlic
5. 1 tsp. Spicy Lady's granulated onion
6. 4 Tbsp. Spicy Lady's Rosemary Basil Oregano Olive Oil
7. 1 pound chicken breast fillets
8. 1/2 cup chicken broth
9. 1 cup tomato sauce
10. 1/2 cup whipping cream
11. 1/2 stick of butter
12. 2 peeled and chopped russet potatoes
13. 1 cup green peas
14. 1 cup corn

Jasmine rice

Directions:

Heat olive oil in a pan on medium heat. Rinse chicken fillets with water and season with the spice ingredients. Saute' the chicken until it is a golden brown color. Add chicken broth and simmer for 10 minutes. Add tomato sauce, whipping cream, and butter. Simmer another 10 minutes. Add vegetables, cover with a lid, and simmer for 20 minutes. Pour over Jasmine rice and enjoy.

Chilean Sea Bass with Fish Grill & Broil Seasoning



Ingredients:

1. 1 pound Chilean sea bass
2. 2 Tbsp. Spicy Lady Fish Grill & Broil Seasoning
3. Sea salt to taste
4. Crushed black pepper to taste
5. 1/2 tsp. garlic granulates
6. 1/2 tsp. onion granulates
7. 1/2 lemon
8. 2 Tbsp. Spicy Lady Rosemary Basil Oregano Olive Oil
9. 2 Tbsp. butter
10. 1/2 cup chicken broth

Directions:

Rinse the sea bass and set aside. Spread olive oil in a stainless steel pan, season fish with seasonings, add butter, lemon, chicken broth, and place pan in a 400 degree oven for about 15 minutes. Baste the fish with the broth and juices and then turn over to brown the other side for another 10-15 minutes. Serve with sauteed green beans, peppers, and onions seasoned with Spicy Lady's Vegetable Seasoning. Delicious!

Greek Grilled Chicken



Spicy Lady's Greek Seasoning is great on any meat, but it's especially delicious on grilled chicken! Let the Mediterranean meet your taste buds with this tender, juicy chicken that is seasoned to perfection using Spicy Lady's original Greek blend.

Ingredients:

1. 4-6 chicken breast filets
2. 3 Tbsp. Spicy Lady's Rosemary Basil Oregano Olive Oil
3. 2-3 Tbsp. Spicy Lady's Greek Seasoning
4. 1 Tbsp. garlic granulates
5. 1 Tbsp. onion granulates
6. 1-2 tsp. sea salt
7. 1-2 tsp. black pepper
8. 3 toes of fresh chopped garlic
9. 1 lemon

Directions:

Rinse chicken, pour Spicy Lady olive oil over each filet, season with dry ingredients, top with 1/2 of the fresh chopped garlic, squeeze 1/2 of the lemon over the seasoned meat. Heat up your barbeque pit, place the chicken filets on the top rack and grill on low heat for about 10-15 minutes or until the meat appears slightly brown, but juicy. Gently flip the filets, add the remaining fresh chopped garlic, and squeeze the other half of the lemon onto the meat. You might want to add a little more olive oil. Grill a few more minutes and serve with sauteed vegetables and a nice tossed salad. This meal is healthy and delicious. Who says you can't eat healthy and enjoy it?

Harissa Chicken

Harissa is a wonderful Moroccan seasoning that tastes great on any meat or vegetable. It's taste is light, but with a kick.

Ingredients:

1. 4-6 chicken breast fillets
2. 6 Tbsp. Spicy Lady Rosemary Basil Oregano Olive Oil
3. 4 Tbsp. butter
4. 2 Tbsp. Spicy Lady Harissa Seasoning
5. 1 tsp. sea salt
6. 1 tsp. black pepper
7. 2 tsp. garlic granulates
8. 2 tsp. onion granulates
9. 1/2 cup organic vegetable or chicken broth
10. 1-2 toes of garlic chopped
11. 4 Tbsp. gluten-free rice flour



Directions:

Rinse the chicken well. Pour 2 Tbsp. of Spicy Lady Rosemary Basil Oregano olive oil into a pan over medium heat. Add butter and melt slowly together with the olive oil. Season chicken with sea salt, black pepper, garlic and onion granulates, and Spicy Lady Harissa seasoning. Saute' the chicken until a golden brown. Add the chopped garlic and saute' for another 3-5 minutes. Pour organic vegetable or chicken broth to the pan, cover, and simmer on low heat for 20 minutes. In a separate pan, heat 4 Tbsp. of Spicy lady Rosemary Basil Oregano olive oil. Add 4 Tbsp. of gluten-free rice flour to make a roux. Add more oil if necessary. Cook the roux until golden brown and then pour into the pan with the chicken and broth. Stir thoroughly, cover, and simmer for another 10-15 minutes. Add more broth if necessary. Serve over basmati rice and make sure you have plenty of bread for dipping in the gravy. Scrumptious!

Moroccan Chicken or Beef

Chicken or beef taste fabulous when prepared with Spicy Lady's Moroccan seasoning.

Ingredients:

1. 4-6 chicken breast fillets or 4-6 beef fillets or beef cut of choice
2. 2 Tbsp. Spicy Lady spice infused Cilantro Crushed Pepper Dill olive oil
3. 6 Tbsp. Spicy Lady Moroccan seasoning
4. 2 Tbsp. butter
5. 1 tsp. sea salt
6. 1 tsp. black pepper
7. 2 tsp. garlic granulates
8. 2 tsp. onion granulates
9. 1 cup organic vegetable, chicken, or beef broth
10. 1/2 cup of corn (optional)
11. 3 toes of garlic chopped
12. 1 lemon sliced
13. 1 Tbsp. fresh chopped cilantro
14. 4 Tbsp. gluten-free rice flour



Directions:

Rinse the meat of choice thoroughly. Pour 2 Tbsp. of Spicy Lady Cilantro Crushed Pepper Dill olive oil into a pan over medium heat. Add butter and melt slowly together with the olive oil. Season meat with sea salt, black pepper, garlic granulates, onion granulates, and Spicy Lady Moroccan seasoning and saute' in pan until golden brown. Add the organic vegetable, chicken, or beef broth and corn (optional), then cover and simmer on low heat for about 20 minutes. In another pan, heat 4 Tbsp. of Spicy Lady Cilantro Crushed Pepper Dill olive oil and sprinkle with 4 Tbsp. of gluten-free rice flour to make a roux. Cook the roux until golden brown and then pour into the pan with the meat and broth. Stir thoroughly, cover, and simmer for another 10-15 minutes. Slice lemon and squeeze 1/2 over the dish, place other pieces on top of each piece of meat,

then sprinkle with chopped cilantro. Serve with basmati rice, sauteed vegetables, and bread for dipping in the gravy. Delicious cannot quite express how good this dish really is, so enjoy.

Shawarma Chicken

Spicy Lady's Shawarma Chicken is a wonderful, wholesome meal that is quick and easy to make. This dish has a Middle Eastern flare with a delicious gravy that's perfect for dipping bread or serving with rice or potatoes.



Ingredients:

1. 4-6 chicken breast fillets
2. 2 Tbsp. Spicy Lady Shawarma Seasoning
3. 1 Tbsp. garlic granulates
4. 1 Tbsp. onion granulates
5. 1 tsp. sea salt
6. 1 tsp black pepper
7. 6 Tbsp. Spicy Lady Rosemary Basil Oregano Olive Oil
8. 1/2 stick of butter
9. 1/2 cup chicken or vegetable broth
10. 4 Tbsp. gluten-free rice flour

Directions:

Pour 2 Tbsp. Spicy Lady Olive Oil into a saute' pan and heat on low, add butter and melt together. Rinse chicken breast fillets and season with all of the dry ingredients. Place the chicken in the pan and saute' until a golden brown. Add the broth, cover, and simmer on low heat for about 10 minutes. Pour the remaining olive oil into another pan and heat on low. Add the gluten-free flour to make a roux and cook until gold brown. Pour the roux into the pan with the chicken and broth to make a rich gravy. Add more broth if necessary and stir thoroughly. Cover and simmer for another 10 minutes. Serve over rice or potatoes.

Thai Chicken and Vegetables

Spicy Lady's Thai Chicken and Vegetables makes a fabulous meal for any occasion. If you love food that has an Asian flare with a rich and creamy gravy for dipping your bread or pouring over jasmine rice, then my Thai Chicken is the recipe for you. The Thai vegetable dish is a delicious complimentary side item that makes squash, zucchini, peppers, onion, and garlic come alive.



Ingredients:

1. 4 boneless chicken breasts or breast fillets
2. 1/2 chopped onion
3. 2-3 toes of chopped garlic
4. 2-3 stalks of green onion chopped
5. 2 Tbsp. Spicy Lady Thai Seasoning
6. 1 Tbsp. garlic granulates
7. 1 Tbsp. onion granulates
8. 1 Tbsp. dried parsley
9. 1 Tbsp. dried basil
10. 1 tsp. seas salt
11. 1 tsp. black pepper
12. 1 Tbsp. Spicy Lady Parsley Sage Rosemary Thyme Olive Oil
13. 1/2 stick of butter
14. 1/2 cup chicken or vegetable broth
15. 1 - 8 oz.can of tomato sauce
16. 3/4 pint heavy whipping cream

Directions:

Pour Spicy Lady Olive Oil into a saute' pan, chop up butter and also place into the pan. Heat on low to medium heat while seasoning the chicken with all of the dry ingredients. Saute' chicken until a golden brown color. Then saute' onion, green onions, and garlic. Add 1/2 cup of vegetable or chicken broth and simmer for 5

minutes. Add 1 can of tomato sauce and 3/4 pint of whipping cream. Stir, cover pan, and let simmer for 20-30 minutes. Serve over jasmine rice.

The **Thai Vegetables** compliment the Thai Chicken beautifully.

Ingredients:

1. Spicy Lady Thai Seasoning
2. Spicy Lady Vegetable Seasoning
3. 1 tsp sea salt
4. 1 tsp black pepper
5. 1 yellow squash
6. 1 zucchini
7. 1 yellow onion
8. 2-3 cloves of garlic chopped
9. 1 red pepper
10. 2 tbsp Spicy Lady Parsley Sage Rosemary and Thyme Olive Oil
11. 4 tbsp butter



Directions:

Pour Spicy Lady Olive Oil in a saute' pan and add butter. Slice squash, zucchini and red pepper, chop onion and garlic, and place into pan. Add dry spices and seasonings and saute' for 20 minutes on low to medium heat. Serve with Thai chicken or any dish of choice.

Wasabi Mahi Mahi



Ingredients:

1. 4-8 mahi mahi fillets
2. 4 Tbsp. Spicy Lady Crushed Pepper Mustard Dill Olive Oil
3. butter
4. 1 tsp. sea salt
5. 1 tsp. cracked black pepper
6. 1 Tbsp. Spicy Lady Wasabi Seasoning
7. 1 tsp. garlic granulates
8. 1 tsp. onion granulates
9. 1 cup fish or organic vegetable broth

Directions:

Preheat oven to 350 degrees. Rinse mahi mahi with water, season with dry ingredients, and set aside. Pour Spicy Lady Olive Oil in a baking pan (preferably a porcelain dish), place the fish fillets in the pan, and add the butter on top of each fillet. Brown the fish for about 10 minutes and then add the fish or vegetable broth. Baste the fish and bake for another 10-15 minutes. Cover with aluminum foil and continue baking for another 10 minutes. Serve with rice and sauteed green beans. It's light, delicious, and healthy.