



DATE NIGHT RECIPE

HONEY ROSEMARY CHICKEN

2 servings | Active Time: 10 minutes | Total Time: 40 minutes

INGREDIENTS

- 1 Lemon (Zest Of)
- 2 tablespoons Fresh Lemon Juice
- 2 tablespoons Olive Oil
- 4 ea Fresh Rosemary (sprigs)
- 1 clove Garlic (Minced)
- 3 cloves of Garlic
- ½ teaspoon Kosher Salt
- ½ teaspoon Black Pepper (Freshly Ground)
- ¼ teaspoon red pepper flakes
- 2 Boneless Chicken Breasts (Skinless)
add Extra Olive Oil (For sautéing)
- 1 tablespoon mustard

PREPARATION

1. Preheat oven to 400 degrees.
2. Preheat a sauté pan to medium/medium high heat. Sprinkle salt on top of all chicken.
3. Cut a slit in the chicken and insert a rosemary sprig.
4. Put some olive oil in the sauté pan. Place the 2 rosemary sprigs in the pan with the whole cloves of garlic
5. Arrange chicken in sauté pan and sear on both sides. Once seared remove pan from stove and place in the oven for 15 minutes.
6. Whisk together olive oil, lemon juice, honey, mustard, pepper and red pepper flakes. Pour mixture on top of chicken.
7. Bake for 10 minutes or until no pink remains in chicken.



SWEET ANAD SPICY SWEET POTATOES

2 servings | Active Time: 10 minutes | Total Time: 40 minutes

INGREDIENTS

- 2 Large Sweet Potatoes
- ¼ cup Olive Oil
- 2 tablespoons Brown Sugar (packed)
- ½ teaspoon Chipotle Powder
- 1 teaspoon Cinnamon
- ½ teaspoon Salt
- ¼ teaspoon Black Pepper

PREPARATION

1. Preheat oven to 400 degrees.
2. Lightly oil a heavy baking sheet.
3. Peel sweet potatoes if desired.
4. Cut into 1/2 to 1 inch cubes.
5. Place sweet potatoes in a large bowl and drizzle with oil.
6. Add remaining ingredients and stir to coat evenly.
7. Spread sweet potatoes out in a single layer on the prepared baking sheet.
8. Bake 30 minutes, stirring every 10 minutes or so to keep them from burning.



ASPARAGUS WITH LEMON AND PARMESAN

2 servings | Active Time: 10 minutes | Total Time: 20 minutes

INGREDIENTS

1 pound fresh asparagus, trimmed
1 tablespoon olive oil, or more if needed
Juice of 1 lemon
Zest of ½ lemon
2 cloves garlic, chopped
salt and ground black pepper to taste
¼ cup grated Parmesan cheese, plus extra for topping

PREPARATION

1. Heat a pot of water to boil.
2. Place asparagus in the pot to blanch. Blanch until al dente.
3. Meanwhile heat a saute pan over medium heat.
4. Add the asparagus and saute.
5. Add the garlic.
6. Deglaze with lemon juice and add lemon zest
7. Season with salt and pepper.
8. Remove from pan
9. Sprinkle with parmesan



EQUIPMENT LIST

- 2 Saute Pan
- 1 large pot
- Cutting Board (2 boards preferred)
- Chefs Knife (2 knives preferred)
- Pairing Knife
- Mixing Bowl
- Spoon or Rubber Spatula
- Metal or Plastic Spatula
- Whip
- Apron (2)
- 8x8 Pan for the oven

SET THE TABLE

- 2 forks
- 2 knives
- 2 spoons
- 2 dinner plates
- 2 wine glasses
- 2 napkins

TIPS FOR A GREAT DATE NIGHT EXPERIENCE

- Smile (Laughter is healing and it bridges all gaps)
- Work together, Cut, chop, cook together.
- Choose your favorite wine to go with dinner
- Put on some nice music
- Wear something nice but comfortable (look pretty or dapper)