

# J A D A

## RECIPE E-BOOK





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## HOW TO MAKE PLANT-BASED CHICK'N MIX

\*If you're only looking to season our chick'n mix without using one of our recipes, here is a sure way to make it tasty for any meal!

### Ingredients:

- JADA Chick'n Mix (entire bag)
- 1 cup of water
- 1 tbsp. of oil
- two slices of onion
- one clove of garlic
- black pepper
- 1 ¼ tsp. of vegan chicken salt (or seasoning of your choice)

\*Using half a bag of mix? Use half a cup of water and half a tablespoon of oil. The rest of the dry mix can be stored in your pantry!

**STAY TUNED FOR MORE GREAT RECIPES AND BE SURE TO SHARE YOURS!**

### Quick & easy instructions:

1. Cut two thin slices of onion, finely chopped.
2. One clove of garlic, finely chopped.
3. Cook both the onion and garlic on a pan with some oil, sprinkle black pepper (to taste).
4. In a separate bowl, pour the entire bag of chick'n mix and add the cooked onion and garlic.
5. Season with about 1 ¼ teaspoon of our original chicken salt seasoning or a seasoning of your choice (amount varies if using your own).
6. Then add 1 cup of water and 1 tablespoon of oil and stir well (just as the instructions require for the mix).
7. Allow mix to sit for about 10 mins, covered.
8. On the same pan used for the onion and garlic, add enough oil to cook the number of patties, nuggets, or ground mix you desire.
9. Cook for about 3 minutes on each side and repeat until golden brown.



in this recipe:  
**CHICKEN SALT ORIGINAL**

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## HOW TO MAKE PORKLESS MIX! 100% VEGAN

### Ingredients:

- 1 package of Porkless Mix
- 1 cup of water
- 1 tbsp. oil (plus more for cooking)

### \*\*Optional Ingredients\*\*

- 2 thin slices of white onion, finely chopped
- 1 garlic clove, minced
- 1 tbsp. cooking oil
- Pepper to taste (we used ½ tsp.)

### How To: SEASONED Porkless Mix:

1. Pan-fry onion and garlic with 1-2 tbsp. of oil until fragrant and translucent. Set aside.
2. In medium mixing bowl, pour JADA's Porkless Mix. Add cooked onions & garlic, stir well.
3. Add 1 cup of water and 1 tbsp. of oil. Mix until well combined.
4. Cover and refrigerate for 10 minutes.
5. Shape however you want! Porkless chops, Porkless fingers, meatballs, ground pork... The possibilities are endless!
6. Add your favorite sauces and serve with your favorite dishes!



**DON'T FORGET TO SEASON WITH A LITTLE CHICKEN SALT!**

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## HOW TO MAKE JADA MEDITERRANEAN CHICK'N MIX

### Ingredients:

- 1 package of Mediterranean Chick'n Mix
- 1 cup of water
- 1 tbsp. oil (plus more for cooking)

### Step-by-Step Instructions:

1. Pour Plant-Based Chick'n Mix into a bowl and stir in seasoning packet.
2. Add 1 cup of water and 1 tbsp. of oil. Mix until well combined.
3. Let mix sit for 10 minutes covered.
4. Shape however you want! Chick'n breasts, falafel, kebabs, tenders, etc.
5. Add oil to a fry pan. Once oil is hot, cook mix until golden brown.



in this recipe:  
**CHICKEN SALT  
ORIGINAL**

**SEASON AS DESIRED  
– PAIRS WELL WITH  
CHICKEN SALT!**

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## PLANT-BASED SPICY TOMATO PENNE WITH VEGAN CHICK'N

PREP TIME:  
**15 min**

COOKING TIME:  
**20 min**

SERVES:  
**8 meatballs**

### Ingredients for Spicy Tomato Sauce:

- 14.5 oz. can diced tomatoes
- ¼ cup minced white onion
- 3 cloves minced garlic (about 1 tbsp.)
- 1 tbsp. Tomato paste
- ½ tbsp. Italian seasoning
- ½ teaspoon red chili flakes
- Salt & Pepper to taste

### Sauce Instructions:

1. Drizzle oil in a pan and heat over medium temp.
2. Add all ingredients and mash tomatoes until smooth and chunky
3. Simmer for 10-20 min.

### Ingredients for Meatballs:

- JADA Plant-Based Chick'n Mix (entire bag)
- 1 Cup Water
- 1 tbsp. Oil
- 1 ½ tsp. Red Pepper Chicken Salt
- 1 tbsp. Minced garlic
- 1 tsp. Minced onion
- 1 ½ tsp. Dried parsley
- ½ tsp. Fennel seed
- ½ tsp. Paprika
- ½ tsp. Red chili flakes
- 1 tsp. Pepper

### Chick'n Instructions:

1. Combine all ingredients into a mixing bowl and stir well (water and oil last)
2. Allow mix to sit for about 10 mins, covered (begin prepping sauce and cooking penne pasta while you wait)
3. Shape into "meatballs"
4. Drizzle pan with oil
5. Cook "meatballs" on medium heat until golden brown
6. Add 4-6oz cooked penne (follow cooking instructions on penne box)
7. Stir in spicy tomato sauce and serve immediately



in this recipe:

**CHICKEN SALT  
RED PEPPER**

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## PLANT-BASED SPICY ITALIAN MEATBALLS

PREP TIME:  
**15 min**

COOKING TIME:  
**20 min**

SERVES:  
**8 meatballs**

### Ingredients for Meatballs:

- JADA Plant-Based Chick'n Mix (entire bag)
- 1 Cup Water
- 1 tbsp. Oil
- 1 ½ tsp. Red Pepper Chicken Salt
- 1 tbsp. Minced garlic
- 1 tsp. Minced onion
- 1 ½ tsp. Dried parsley
- ½ tsp. Fennel seed
- ½ tsp. Paprika
- ½ tsp. Red chili flakes
- 1 tsp. Pepper

### Instructions:

1. Combine all ingredients into a mixing bowl and stir well (water and oil last)
2. Allow mix to sit for about 10 mins, covered.
3. Shape into "meatballs"
4. Drizzle pan with oil
5. Cook "meatballs" on medium heat until golden brown
6. Serve immediately with your favorite marinara dipping sauce



in this recipe:

**CHICKEN SALT  
RED PEPPER**

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## CLASSIC CHICK'N SALAD

PREP TIME:  
**10 min**

COOKING TIME:  
**20 min**

SERVES:  
**2 people**

### Ingredients:

- JADA Plant-Based Chicken Mix (entire bag)
- 1 Cup water
- 1 tbsp. oil
- $\frac{3}{4}$  Cup Vegan Mayo
- $\frac{1}{2}$  Cup Purple Onion - Diced
- 1 Cup Celery - Diced
- 1  $\frac{1}{4}$  tsp. Original Chicken Salt
- $\frac{1}{2}$  tsp. of Dill

### Instructions:

1. Pour entire Chick'n Mix into a bowl and prepare as instructed
2. Stir well and allow mix to sit for about 10 mins, covered
3. Break Chick'n into chunks over a pan with hot oil
4. Cook shredded Chick'n over medium heat until golden brown and season to taste with Original Chicken Salt (or your favorite seasoning)
5. Combine all ingredients in a bowl and serve as a sandwich or enjoy as a dip for crackers and veggies!



in this recipe:

**CHICKEN SALT  
ORIGINAL**

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## PESTO CHICK'N SALAD

PREP TIME:  
**10 min**

COOKING TIME:  
**20 min**

SERVES:  
**4 people**

### Ingredients:

- JADA Plant-Based Chicken Mix (entire bag)
- 1 Cup water
- 1 tbsp. oil
- $\frac{3}{4}$  cup vegan mayo
- $\frac{3}{4}$  cup pesto
- $\frac{1}{2}$  cup purple onion
- $\frac{2}{3}$  cup grape tomatoes

### Instructions:

1. Pour entire Chick'n Mix into a bowl and prepare as instructed
2. Stir well and allow mix to sit for about 10 mins, covered
3. Break Chick'n into chunks over a pan with hot oil
4. Cook shredded Chick'n over medium heat until golden brown and season to taste with Original Chicken Salt (or your favorite seasoning)
5. 5. Combine all ingredients in a bowl and serve as a sandwich or enjoy as a dip for crackers and veggies!



in this recipe:

**CHICKEN SALT  
ORIGINAL**

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## BBQ CHICK'N SALAD

PREP TIME:  
**10 min**

COOKING TIME:  
**20 min**

SERVES:  
**4 people**

### Ingredients:

- JADA Plant-Based Chicken Mix (entire bag)
- 1 Cup water
- 1 tbsp. oil
- $\frac{3}{4}$  cup vegan mayo
- $\frac{3}{4}$  cup BBQ sauce
- $\frac{1}{2}$  cup diced onion
- 1  $\frac{1}{4}$  tsp. BBQ Chicken Salt (or Red Pepper for a little spice)

### Instructions:

1. Pour entire Chick'n Mix into a bowl and prepare as instructed
2. Stir well and allow mix to sit for about 10 mins, covered
3. Break Chick'n into chunks over a pan with hot oil
4. Cook shredded Chick'n over medium heat until golden brown and season to taste with Barbecue Chicken Salt (or your favorite seasoning)
5. Combine all ingredients in a bowl and serve as a sandwich or enjoy as a dip for crackers and veggies!



in this recipe:

**CHICKEN SALT  
BARBECUE &  
RED PEPPER**

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## BBQ PLANT-BASED CHICKEN LETTUCE WRAPS

PREP TIME:  
**10 min**

COOKING TIME:  
**20 min**

SERVES:  
**4 people**

### Ingredients:

- JADA Plant-Based Chicken Mix (entire bag)
- 1 Cup water
- 1 tbsp. oil
- $\frac{3}{4}$  cup vegan mayo
- $\frac{3}{4}$  cup BBQ sauce
- $\frac{1}{2}$  cup diced onion
- 1  $\frac{1}{4}$  tsp. BBQ Chicken Salt (or Red Pepper for a little spice)

### Instructions:

1. Pour entire Chick'n Mix into a bowl and prepare as instructed
2. Stir well and allow mix to sit for about 10 mins, covered
3. Break Chick'n into chunks over a pan with hot oil
4. Cook shredded Chick'n over medium heat until golden brown and season to taste with Barbecue Chicken Salt (or your favorite seasoning)
5. Combine all ingredients in a bowl and stir well
6. Add to romaine lettuce leaves and devour!



in this recipe:

**CHICKEN SALT  
BARBECUE &  
RED PEPPER**

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## PLANT-BASED BAKED CHICK'N NUGGETS

PREP TIME:  
**10 min**

COOKING TIME:  
**20 min**

SERVES:  
**16 NUGGETS**

### Ingredients:

- JADA Plant-Based Chick'n Mix (entire bag)
- 1 cup water
- 1 tbsp. oil
- ¼ cup nutritional yeast
- 1 tbsp. original chicken salt
- ¼ cup breadcrumbs

### Instructions:

1. Pour entire Chick'n Mix into a bowl and prepare as instructed
2. Stir well and allow mix to sit for about 10 mins, covered
3. In a small bowl, add 1 tablespoon of Original Chicken Salt with ¼ cup of nutritional yeast and stir until well mixed
4. In a small bowl, add 1 tablespoon of Original Chicken Salt with ¼ cup of nutritional yeast and stir until well mixed
5. In another small bowl, pour ¼ cup of panko breadcrumbs
6. Shape Chick'n Mix into nuggets and dip into each bowl
7. Place on baking sheet lined with parchment paper
8. Bake at 350F for 15-20 minutes



in this recipe:  
**CHICKEN SALT  
ORIGINAL**

**ENJOY WITH YOUR  
FAVORITE DIPPING  
SAUCES!**

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## ROSEMARY ORANGE PLANT-BASED CHICK'N

PREP TIME:

**15 min**

COOKING TIME:

**20 min**

SERVES:

**4 people**

### Ingredients:

- JADA Plant-Based Chick'n Mix (entire bag)
- 1 Cup water
- 1 tbsp. oil
- 2 tbsp. of fresh rosemary
- 3 cloves of garlic - minced
- 2 tbsp. of soy/tamari
- 2 tbsp. of monk fruit sweetener (or sugar)
- 1 tbsp. Original Chicken Salt
- Juice of 1 Orange
- Orange zest

### Instructions:

1. Combine all ingredients into a mixing bowl and stir well (water and oil last)
2. Allow mix to sit for about 10 mins, covered.
3. Shape into chick'n breasts
4. Bake at 350 F for 10 minutes (flip chick'n half way through)
5. Add orange slices and bake for another 5 minutes



in this recipe:

**CHICKEN SALT  
ORIGINAL**

**SERVE WITH YOUR  
FAVORITE HOLIDAY  
SIDE DISHES!**

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## VEGAN CHICK'N SHEET PAN RATATOUILLE

PREP TIME:  
**15 min**

COOKING TIME:  
**20 min**

SERVES:  
**4 people**

### Ingredients:

- JADA Plant-Based Chick'n Mix (entire bag)
- 1 Cup water
- 1 tbsp. oil
- 1 purple onion
- 2 zucchini
- 1 red bell pepper
- 2 yellow squash
- 1-2 tomato

### Ratatouille Instructions:

1. Chop veggies
2. Drizzle with oil
3. Season with fresh herbs and spices
4. Top with Original Chicken Salt
5. Bake at 425 for 20-25 min

### Chick'n Instructions:

1. Pour entire Chick'n Mix into a bowl and prepare as instructed with 1 ¼ tsp. of Original Chicken Salt (water and oil last)
2. Stir well and allow mix to sit for about 10 mins, covered
3. Shape into fillets
4. In a separate bowl, combine 2 minced garlic cloves, 1 chopped sprig of rosemary and 1 tbsp of oil. Spread mixture on each side of Chick'n
5. Cook on medium heat until golden brown



in this recipe:

**CHICKEN SALT  
ORIGINAL**

**GARNISH WITH YOUR  
FAVORITE HERBS  
AND SPRINKLE WITH  
CHICKEN SALT!**

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## PLANT-BASED CHICK'N BURGER

PREP TIME:  
**15 min**

COOKING TIME:  
**20 min**

SERVES:  
**4 people**

### Ingredients:

- JADA Plant-Based Chick'n Mix (entire bag)
- 1 cup water
- 1 tbsp. oil
- Onion
- Tomato
- Lettuce
- Spicy Mustard
- Pretzel Bun

### Instructions:

1. Pour entire Chick'n Mix into a bowl and prepare as instructed
2. Stir well and allow mix to sit for about 10 mins, covered
3. Shape mixture into patties and cook on medium heat until golden brown (add a little oil for extra flavor and texture)
4. Shape mixture into patties and cook on medium heat until golden brown (add a little oil for extra flavor and texture!)
5. Season with our Original Chicken Salt or flavor of your choice
6. Time to layer those burgers!
7. In this recipe we went with a pretzel bun, lettuce, tomato, onion and some spicy mustard to seal the deal.



in this recipe:  
**CHICKEN SALT  
ORIGINAL**

**GARNISH WITH YOUR  
FAVORITE HERBS  
AND SPRINKLE WITH  
CHICKEN SALT!**

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