

Fennel & Fire

BACK

TO SCHOOL



A no-stress, no-fuss ticket to getting dinner on the table fast—because back-to-school should come with shortcuts, not overwhelm.

**FIVE QUICK AND EASY MEALS TO HELP YOU
EASE BACK INTO THE SCHOOL YEAR**

Tay Stratton

We make it Simple, You make it Amazing!

School's back, your calendar is packed, and somehow everyone still expects to eat... every single night.

Don't worry—this little booklet is here to save the evening. Included are five fast, fuss-free meals made for the back-to-school scramble. No fancy prep, no stress, just real food that comes together in under 20 minutes. You've got this—and dinner's handled.

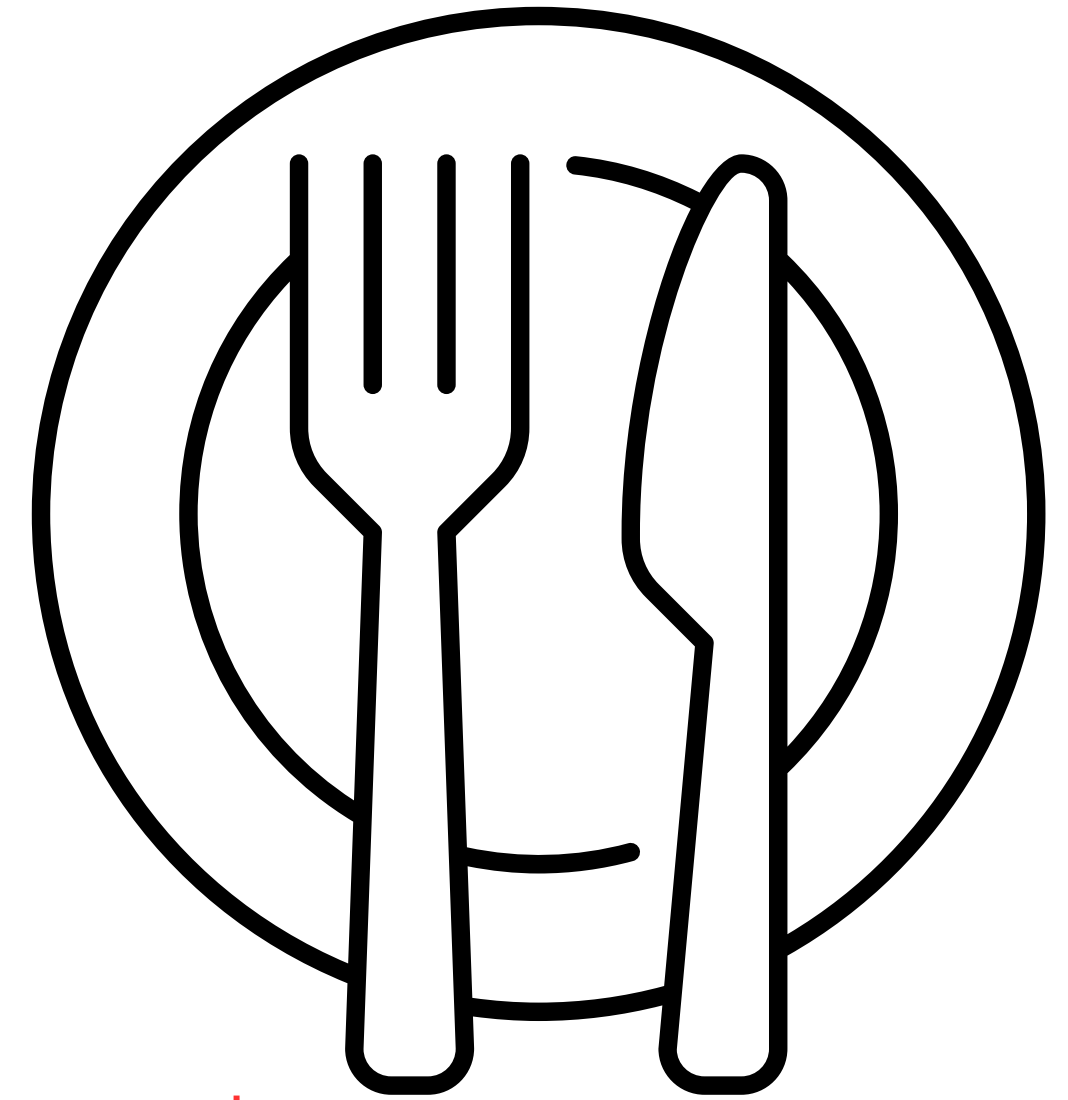
Bonus? These are the kinds of meals you'll want to keep in your back pocket all year long—because life doesn't exactly slow down after August.

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Table of Contents:

1. Quick Caribbean Rice Bowl
with Caribbean Punch seasoning & Fire Salt
2. Mild Creamy Cajun Chicken Pasta
with Cajun seasoning and Pink & Pink Shake
3. No Rules Veggie Heaven Pan Bake
with Veggie Heaven seasoning & possibly Steak seasoning
4. Sweet Citrus Fajita Skillet
with Fajita seasoning & Fire Salt
5. Grilling Spice Smashed Burgers
with Grilling Spice & Fire Salt



QUICK CARIBBEAN CHICKEN RICE BOWL

Ingredients:

For Bowl

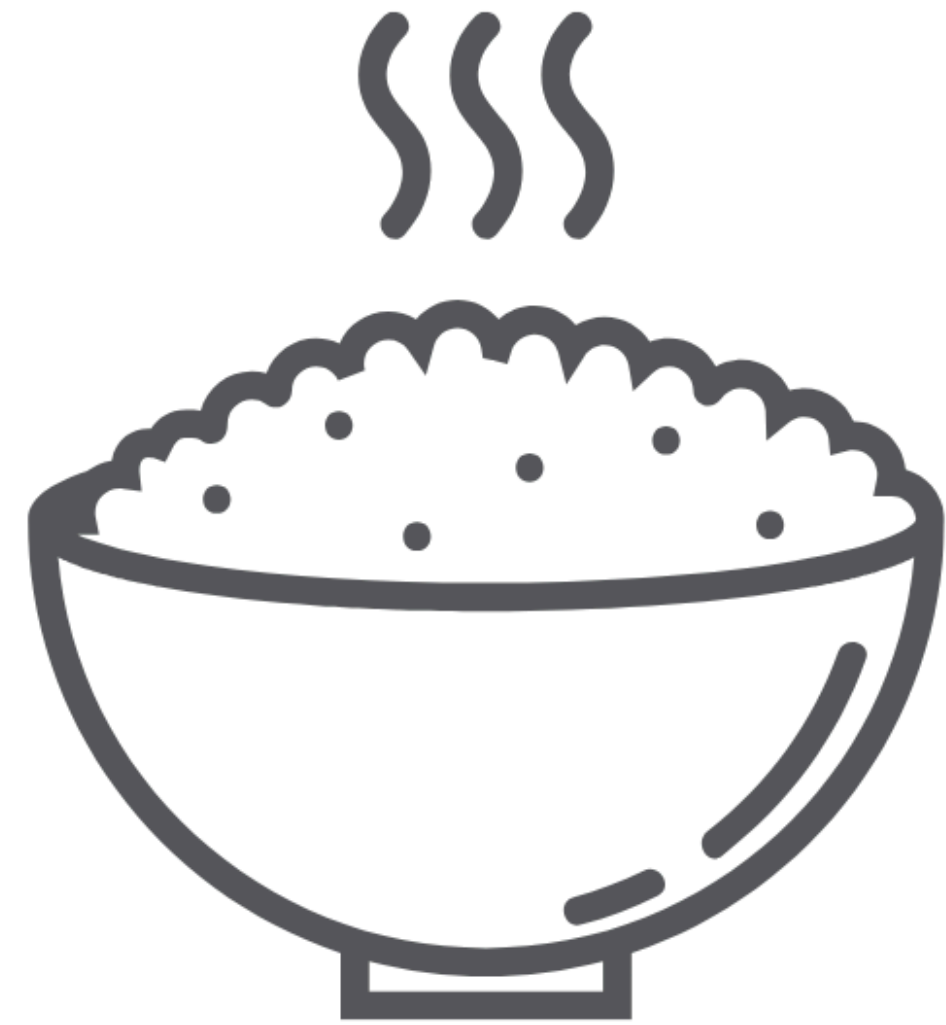
- Two cups quick-cook jasmine or brown rice
- Two cups rotisserie chicken, shredded or chopped
- Two tsp Fennel & Fire Caribbean Punch spice blend
- One cup shredded carrots
- One cup frozen or canned pineapple chunks
- Two cups broccoli florets (steam in bag or fresh)
- One tablespoon olive oil
- Chopped cilantro

For Lime Honey Dressing

- Juice of two limes
- One Tbsp honey
- One Tbsp Olive Oil
- Pinch of Caribbean Punch Spice
- Pinch of Fennel and Fire Fire Salt

Directions:

- Prepare the rice according to package directions.
- In a skillet over medium heat, heat olive oil, add two tsp of Caribbean Punch spice, stir 30 sec for spice to bloom. Add shredded rotisserie chicken stir for 3–4 minutes until warmed through.
- Prepare Vegetables: Steam broccoli (microwave or stovetop) and thaw or chop pineapple if needed. Shred carrots if not using pre-shredded.
- Make the dressing:
- Whisk lime juice, honey, olive oil, and a pinch of spice and salt in a small bowl.
- Assemble the bowls:
- Scoop rice into bowls, top with chicken, broccoli, carrots, and pineapple. Drizzle with lime honey dressing. Top with chopped cilantro
- Serve + enjoy:



Switch It Up:

- No chicken? Use shrimp, baked tofu, or chickpeas.
- No pineapple? Try mango, oranges, or even apples for a fresh twist.
- Want to go grain-free? Serve over cauliflower rice or shredded cabbage slaw.
- Extra crunch? Add a sprinkle of chopped cashews or pumpkin seeds.

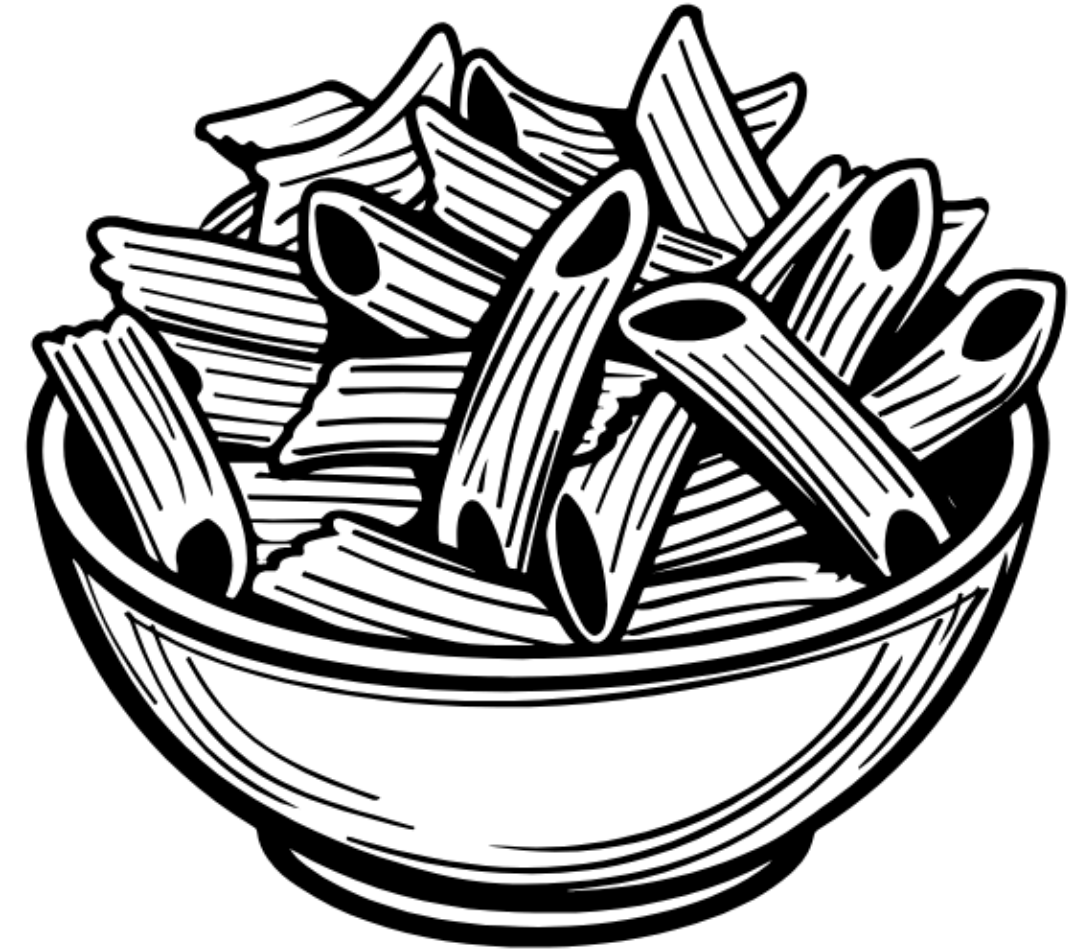
MILD CREAMY CAJUN CHICKEN PASTA

Ingredients:

- 8 oz pasta (penne or rotini work great)
- 2 cups rotisserie chicken, chopped
- 1 tablespoon olive oil
- 1 ½ tsp Fennel and Fire Cajun Blend (start with 1 tsp for super mild)
- 1 cup sliced red bell peppers, julienne cut
- 1 cup baby spinach
- ¼ cup half and half or milk
- ½ a round of Boursin cheese (any flavor)
- ¼ cup grated Parmesan cheese
- Fennel and Fire Pink & Pink to taste

Directions:

1. Boil pasta according to package directions. Reserve ¼ cup pasta water before draining.
2. In a large skillet, heat olive oil over medium. Add red peppers and sauté 3-4 minutes. Add chicken and Cajun Blend. Stir until warm (about 3-4 minutes).
3. Lower the heat. Stir in half-and-half, Boursin cheese, and Parmesan cheese. Stir until melted. Add the baby spinach and cook just until wilted (about 1 minute). Add a splash of the pasta water if too thick,
4. Toss it all together: Add the cooked pasta to the large skillet with the vegetables and sauce. Toss to coat.
5. Add Fennel and Fire Pink & Pink to taste.
6. Serve warm with a side of fruit or salad



Switch It Up:

- No chicken? Try sliced sausage, shrimp, or just use more veggies.
- Make it dairy-free? Use coconut milk and skip the cheese—it's still creamy and delish.
- Want more kick? Add an extra ½ tsp Cajun Blend or a pinch of Fire Salt just for the grown-ups.
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NO RULES VEGGIE HEAVEN PAN BAKE

No measuring, no stress, no rules—just one pan, your favorite things, and Veggie Heaven to make it magic.

Grab What You've Got:

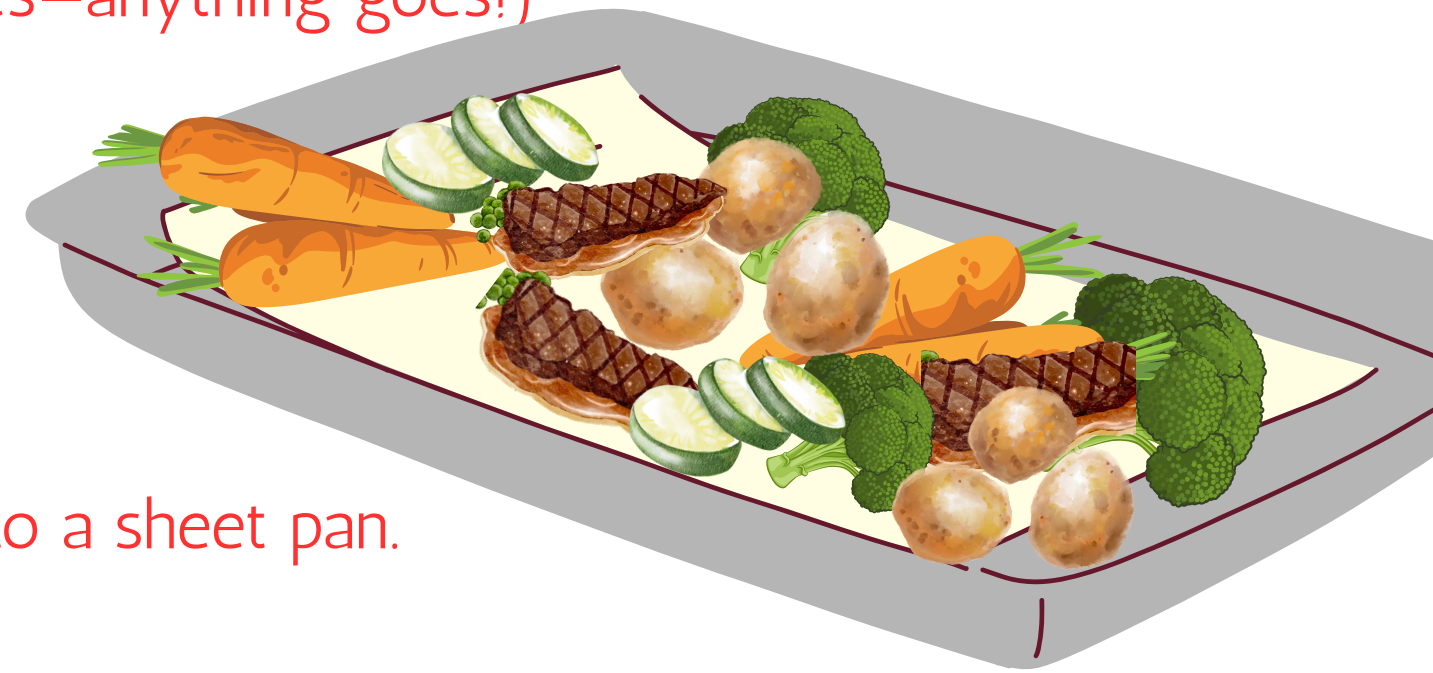
Shrimp, thin-cut chicken breasts, chicken tenders, steak strips or skip the meat and go with extra veggies.
A rainbow of veggies (zucchini, carrots, peppers, onions, broccoli, potatoes—anything goes!)
A drizzle of olive oil
A few generous shakes of Veggie Heaven

Directions:

Preheat your oven to 425°F.
Toss your protein (if steak season with steak seasoning)and veggies onto a sheet pan.
You don't have to overthink it—if it fits, it bakes.
Drizzle with olive oil
Bake for 15–18 minutes or until the chicken is cooked and the veggies have some golden edges.
Remove sheet pan from oven and sprinkle generously with veggie heaven.

Serve:

Serve over whatever base you have on hand (rice, couscous, in a warm pita)
or just go straight from pan to plate. It's your dinner. There are no rules!



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SWEET CITRUS FAJITA SKILLET

Ingredients:

- 1 lb chicken breast, thinly sliced
- 1 tablespoon olive oil
- 2 tsp Fennel and Fire Fajita Blend
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 small red onion, sliced
- 2 tablespoons orange juice
- 1 teaspoon honey
- Pinch of Fennel and Fire Fire Salt
- Warm tortillas, avocado, and sour cream (for serving) Side: rice and corn on the cob

Directions:

- Cook the chicken: Heat olive oil in a large skillet over medium heat. Add chicken and cook 3–4 minutes until it starts to brown.
- Add the veggies + seasoning: Stir in peppers and onion. Sprinkle everything with Fajita spice blend. Stir to coat well.
- When the veggies are softening, drizzle in the orange juice and honey. Stir and let it simmer another 3–4 minutes until the sauce lightly glazes everything.
- finish with a pinch of Fennel and Fire Fire Salt.
- Load it into warm tortillas, top with avocado or sour cream, and enjoy.



No Rules Cooking::

- Swap chicken for shrimp or pork
- Add black beans or corn for extra texture
- Skip tortillas and build a bowl over rice or greens
- Drizzle with lime yogurt/crema or chipotle crema for a bonus finish
- Top with tortilla strips

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GRILLING SPICE SMASHED BURGERS

Ingredients:

- 1 lb ground beef (85/15 for juicy burgers)
- 2 tsp Fennel and Fire Grilling Spice Blend
- 1 tablespoon olive oil or butter (for skillet)
- 4 burger buns (whole wheat or brioche)
- 4 slices cheddar or provolone cheese
- Lettuce, tomato slices, and pickles (optional toppings)

SAUCE:

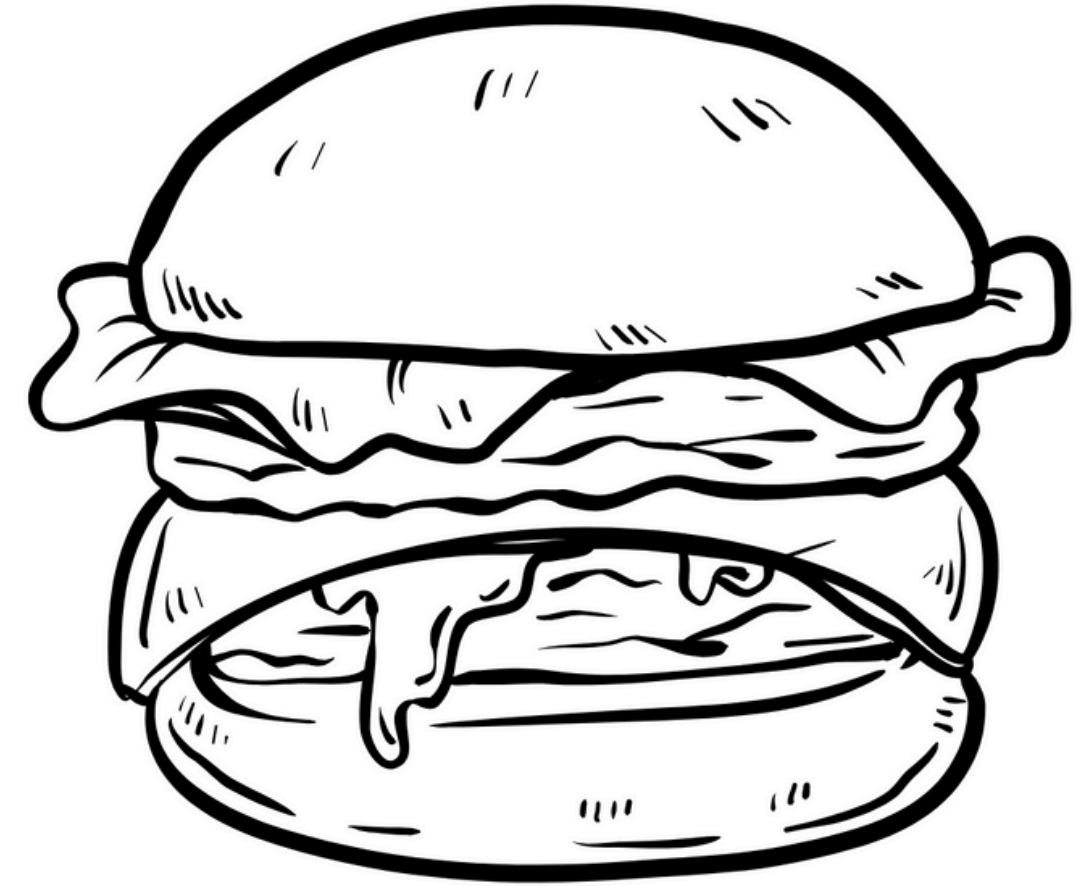
- 1 tablespoon mayonnaise
- 1 tablespoon ketchup
- 1/2 tsp lemon juice
- 1/2 tsp Worcestershire sauce
- 1/2 tsp Fennel and Fire Grilling Spice Blend
- Pinch of Fennel and Fire Fire salt

Directions:

1. Make the sauce: In a small bowl, mix all the Sauce ingredients. Set aside
2. Shape the patties: Divide beef into 8 loose balls (don't pack tight). Sprinkle with Grilling Spice. Let it sit in the patty as forming it. Then sprinkle on exterior.
3. Cook the burgers in a cast iron skillet: Heat oil or butter in a large skillet over medium-high. Place 4 balls in skillet, then press down firmly with a spatula to smash them thin. Cook 2 minutes, flip, add cheese, and cook 1-2 minutes more. Repeat with remaining patties.
4. Assemble: Stack two patties per bun, top with sauce, lettuce, tomato, and pickles.

Serve with mac and cheese and broccoli, or Tater Tots and green beans.

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No Rules Cooking:

- Use ground turkey or chicken for a lighter take
- Skip the bun and serve over greens for a burger salad
- Add caramelized onions or roasted peppers for extra sweetness
- Finish with a pinch of Fire Salt for a little heat
- Smash patties with another cast iron skillet

You Did It!

Look at you—five simple, flavorful meals down and dinnertime officially de-stressed. We hope this little booklet brought you some relief, a few new favorites, and a reminder that dinner doesn't have to be hard to be amazing.

Want to keep the flavor (and the ease) going?
Watch for our charter invite for our No Rules Cooking Club, where we loose the rules and have a whole lot of fun!

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