



SIMPLY NOBULL

Quick recipes with 5 ingredients or less for full flavored foods

RUB

1 oz. NOBULL + 4 tsp. oil + 1 lb. meat

Whisk together NOBULL + oil to combine—rub on meat---grill, roast, or sauté within 48 hours Menu ideas: Pork tenderloin with Mediterranean. Chicken with Carrot Ginger.

BURGERS

1 oz. NOBULL+ 1 lb. ground meat

Combine NOBULL + meat to combine –cook to taste

Menu ideas: Beef with Mediterranean. Turkey with Carrot Ginger. Lamb with Original.

MEATBALLS

1 oz. NOBULL + 1 clove garlic + 1 lb. meat

Combine. Shape. Roast @ 400°F

Menu ideas: Lamb with Mediterranean. Beef & pork with Original. Chicken with Carrot Ginger.

SEASONED FISH

1/2 tsp. NOBULL+ 1 oz. oil + 6 oz. fillet

Whisk together NOBULL + oil to combine -- coat fish -- bread (optional) -- grill, roast, fry or sauté

Menu ideas: Barramundi with Mediterranean. Salmon with Carrot Ginger.

SEASONED EGGS

1/2 tsp. NOBULL+ 3 eggs

Crack eggs, whisk in NOBULL and cook as desired--scrambled, omelet, etc.

SEASONED GRAINS

2 tsp. NOBULL+ 1 c. water + grains

Cook grains as usual, adding NOBULL with water during the cooking process.

Menu ideas: Farro with Mediterranean. Quinoa with Carrot Ginger.

STOCK

4 tsp. NOBULL + 4 c. water

Boil water. Add NOBULL. Stir and use.

COMPOUND BUTTER

4 tsp. NOBULL+ 1 lb. unsalted butter, softened

Combine NOBULL and butter. Shape as desired. Return to the refrigerator to set.

Menu ideas: Melt compound butter and use on steak or fish as a finishing.

FLAVORED CHEESE

1 T. NOBULL+ 8 oz soft cheese

Combine. Eat.

Menu ideas: Mascarpone with Mediterranean. Cream cheese with Original.



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VINAIGRETTE

1 T. NOBULL + 1/4 c. Sherry vinegar + 3/4 tsp. Dijon mustard + 1/8 tsp. black pepper + 3/4 c. oil
Whisk the vinegar with all ingredients except oil—whisk in oil slowly. Season to taste. Eat.

POPCORN

1 T. NOBULL + 3 T. unsalted butter + 1/2 c. cup popcorn kernels
Pop popcorn—melt butter—add NOBULL to butter, heat slightly—toss and eat
NOBULL HQ favorite: Original

QUICK TOMATO SAUCE

1 T. NOBULL (Med) + 1 T. olive oil + 1 clove garlic + 15 oz. tomatoes (diced) + 1 T. cream (optional)
Heat oil with garlic until fragrant—add NOBULL & cook 1 minute—stir in tomatoes—simmer for 10 minutes—stir in cream just before serving.

CARROT GINGER SAUCE

1/4 c. NOBULL (Carrot Ginger) + 1/4 c. veg oil + 1/4 c. sesame oil + 3/4 c. orange juice + 2 T. rice wine vinegar
Whisk all ingredients together. Drizzle on proteins, vegetables & grains.

CREAM SAUCE

4 tsp. NOBULL (Original) + 2 oz. butter + 2 cloves garlic + 1 1/2 c. cream + 1/8 tsp. chili flake (optional)
Cook garlic in butter until translucent—add NOBULL & cook for 1 minute—add chili flake (optional) & cream—simmer 5-10 minutes (or until coats the back of a spoon)—remove from heat—add NOBULL & serve.

LEMON PARSLEY SAUCE

2 T. NOBULL (Original) + 1 1/2 c. veg oil + juice & zest from 1 lemon + 1 clove garlic + 1 bu. Italian parsley
Finely chop parsley & garlic in a food processor—place parsley mixture in a bowl with remaining ingredients. Mix and serve.

HONEY GINGER WASABI SAUCE

1/3 c. NOBULL (Carrot Ginger) + 1/2 c. water + 3 T. wasabi powder + 1/4 c. honey + 3 T. lime juice
Whisk all ingredients together—let sit for 30 minutes and whisk again before serving.

**** USING NOBULL IN EXISTING RECIPES**

2 tsp. NOBULL in place of 1 tsp. salt = easy integration into existing recipe
For flavorful reduced sodium recipes, use half the amount of NOBULL outlined above.
Menu ideas: Use NOBULL for ANY MEAL – breakfast, lunch, dinner, snacks, drinks, etc.