

# Main Dishes In Under 30 Minutes

(NAPSA)—To survive those nights of rush-rush meal making, consider some extra-easy meals. When time is extra tight, you may care to try Garden Herb Fettuccini. You can whip together Thai Beef Salad in record time. These timesaving entrees can come to the rescue of any harried week-night cook.

## Caribbean Chicken over Coconut Rice

- 1 tablespoon HERB-OX chicken flavored bouillon granules, divided
- ½ teaspoon Jamaican jerk seasoning blend
- 4 boneless, skinless chicken breasts
- 1½ cups water
- ½ cup coconut milk
- 1 cup uncooked white rice
- 1 teaspoon grated orange peel

In small bowl, combine 1 teaspoon chicken bouillon granules and jerk seasoning. Rub both sides of chicken breasts with seasoning mixture. Grill chicken directly over medium coals 12 to 15 minutes or until chicken is no longer pink, turning once. Meanwhile, in saucepan, combine water, coconut milk, remaining bouillon and rice. Bring mixture to a boil. Reduce heat, cover and simmer 25 to 30 minutes or until liquid is absorbed and rice is tender. Stir in orange peel. Serve chicken over rice. Serves 4.

## Garden Herb Fettuccini

- 1 onion, cut into thin wedges
- ½ cup julienne-sliced sundried tomatoes in oil, drained
- ¾ pound cooked chicken breast strips



- 1 cup water
- 1 tablespoon HERB-OX chicken flavored bouillon granules
- 1 (8-ounce) container garden vegetable cream cheese
- 1 (9-ounce) package refrigerated fettuccini, cooked

In skillet over medium-high heat, sauté onion and tomatoes 5 minutes or until soft. Add chicken and heat thoroughly. Add water and bouillon; bring mixture just to a boil. Stir in cream cheese. Heat 2 minutes or until warm and cheese is smooth (do not boil). Place pasta in bowl and top with chicken mixture. Serves 6.

## Portobello Club Sandwiches

- 4 medium Portobello mushrooms
- 2 teaspoons HERB-OX beef flavored bouillon granules
- 2 tablespoons olive oil
- 12 slices firm white bread, toasted
- 8 slices Monterey Jack cheese
- 8 slices tomato
- 8 slices BLACK LABEL® bacon, cooked crisp, halved
- ¼ cup mayonnaise
- 1 chipotle pepper, minced

Sprinkle mushrooms with beef granules. In skillet, heat oil and sauté mushrooms 2

minutes, turning once. Place mushrooms on 4 slices of toast. Top with cheese, toast slice, 2 tomato slices, and 2 slices bacon. Combine mayonnase and chipotle pepper. Spread mayonnaise mixture on the remaining toast slices and place on top of each sandwich. Secure with toothpicks and cut into quarters. Serves 4.



## Thai Beef Salad

- 1 pound sirloin steak, ½-inch thick
- 2 teaspoons HERB-OX beef flavored bouillon granules
- 8 cups sliced Napa cabbage or mixed greens
- 1 cup chopped cilantro
- ½ red onion, thinly sliced
- ½ cup chopped peanuts

## Dressing:

- ¼ cup lime juice
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons sugar
- ½ teaspoon red pepper flakes

Sprinkle beef granules over steak. Grill over high heat 5 minutes per side or until desired doneness. Cover with foil 10 minutes before thinly slicing. Meanwhile, place Napa cabbage, cilantro and onion in salad bowl. Combine Dressing ingredients. Pour dressing over salad and toss to combine. Top with sliced steak. Sprinkle with peanuts. Serves 4.