



LOVE FRIENDS

MENU

Greek Seared Ahi Tuna/Tofu
Bacon-Wrapped Habanero Shrimp
Roasted Potatoes & Broccoli
Charged S'mores Cold Brew

SPICEOLOGY

LOVE FRIENDS

ADVENTURE

Dearly beloved, we are gathered here today to get through this thing called life (record scratch) - and in the eternal words of Dionne Warwick "...that's what friends are for." We're here to give your Valentine's Day the remix it deserves, and who better to celebrate than with your friends, besties, boon companions, quarantine-pod peeps, or ride-and-dies?

DO AHEAD OF TIME

EXPLORE YOUR KIT: Once you've received your Love Adventure Kit, get inspired by reading the recipes and tasting the blends.

GRAB GROCERIES: Make sure you plan your Valentine's Day shopping list. Don't worry, we've made it super easy for you. You'll find a handy dandy list on the next page.

V-DAY: LET'S DO THIS THING



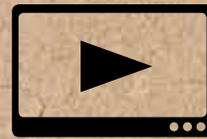
PREP KITCHEN

Gather all ingredients and cookware, don your apron, and grab your favorite device to stream our recipe videos in the kitchen so you can cook along with our chefs.



QUEUE THE TUNES

Get in the mood even more by putting on the LOVE FRIENDS Spotify playlist (did we mention kitchen dancing is highly encouraged?) - it's linked over at [Spiceology.com/celebrate](https://www.spiceology.com/) or simply search "Spiceology LOVE FRIENDS" in Spotify.



LET OUR CHEF BE YOUR GUIDE

Click play on the recipes video and let our Spiceology chef guide you through experimenting with flavor and making a Valentine's meal to remember. You can pause the video or rewind to your heart's content - we want you to cook at your comfortable pace.



SIT, SIP AND SAVOR

You did it! Sit back, relax, cheers and enjoy the meal you just mastered together. And now that you have four new blends to play with in the kitchen, you can continue to do dinner parties no matter what occasion.

SPICEOLOGY



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GROCERY LIST

PRODUCE

- 2 lbs red potatoes
- 4 cups broccoli florets
- 1 lemon
- 1/4 cup chives or green onions
- 1 medium tomato, chopped

MEAT & DAIRY

- 1 lb peeled & deveined shrimp (12-16 pcs)
- 6-8 slices bacon (1 slice per 2 shrimp)
- 4 blocks cut tuna filets, 2 inch thick
(vegetarian option - 4 slices of firm tofu)
- 1/4 cup plain Greek yogurt
- 1/4 cup parmesan cheese, shredded
- 1/4 cup crumbled feta cheese
- 2 tbsp heavy cream

MISCELLANEOUS

- 2 tbsp honey
- 2 tbsp stone-ground mustard
- 1 tbsp fresh ground horseradish
- 3/4 cup extra virgin olive oil, divided
- 2 tbsp chopped kalamata or ripe olives
- 4 oz of cold brew coffee
- 1.5 oz coffee liqueur (Tia Maria)
- 1 tbsp sweetened condensed milk
- kosher salt
- cracked black pepper

A decorative header featuring four hearts of different colors (green, blue, brown, orange) with white arrows pointing towards the center. The word "LOVE" is in red, "FRIENDS" is in a larger red font, and "INSTRUCTIONS" is in a bold black font below it.

LOVE FRIENDS

INSTRUCTIONS

AFTERNOON PREP

Before you start cooking

Pull your ahi out of the fridge and let it come to room temperature on a plate. You want to cook your ahi at room temperature so you get an even sear.

Cooking tofu instead? At least one hour before, remove your tofu from plastic. Wrap in layers of paper towels and place on plate. Put something heavy, like a can of beans or a jar of sauce, on top of your tofu. This weight will help press the water out of your tofu.

DINNER PREP

STEP 1: Sauce Boss

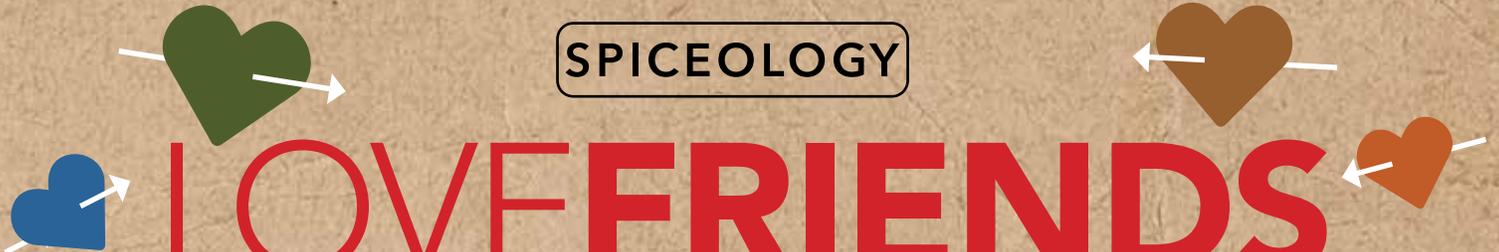
Instructions:

1. Let's make that honey horseradish sauce! Combine greek yogurt, honey, mustard, and horseradish. Mix well, cover, and refrigerate for one hour. (You'll pull this dipping sauce out right before serving your shrimp.)
2. Time take make the ahi topping. In a medium bowl, gently toss tomato, cheese, olives, and 1/2 tablespoon of Greek Freak. Cover and refrigerate until serving.

STEP 2: Honey Habanero Bacon Wrapped Shrimp

Instructions:

1. Heat the oven to 425 degrees F and cover a baking sheet in foil.
2. Peel and devein shrimp (12 - 16 pieces). If you can't find or would prefer to use frozen, make sure they're defrosted and large enough to have bacon wrapped around them.

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3. Season your shrimp with a generous tablespoon of Smoky Honey Habanero then slice your bacon in half. We want the bacon to wrap snugly around the shrimp, but not overwhelm it.
4. Wrap each shrimp in a blanket of delicious bacon. Stretch the bacon, as needed, so that both ends meet on the same side. Place on baking sheet with "bacon ends" side down.
5. Bake for 15 - 25 minutes, depending on how crispy you like your bacon.
6. Once the bacon gets close to your desired crispiness level, switch the oven to broil and cook for 5 more minutes. Let's get that crispy crunch!
7. Remove and cover in foil, so that it remains warm while you're cooking the rest of your meal.

STEP 3: Potato Time

Instructions:

1. After pulling the bacon, drop your oven down to 400 degrees. Line a large baking sheet (you may need two) with aluminum foil and spray with cooking oil (yes, you need both!)
2. Chop potatoes into small chunks, place in a large ziplock bag or bowl to be tossed with marinade. Set potatoes aside.
3. Time to make the Rosemary Dijon mixture! Combine olive oil, lemon juice, green onions, rosemary dijon, salt, and pepper in a small mixing bowl.
4. Pour 2/3 of the mixture onto potatoes, making sure to save the remaining 1/3 for the broccoli. Toss the potatoes till they're thoroughly coated in the mixture.
5. Separate your cooking into two halves. On the side that your potatoes are going on, sprinkle shredded parmesan on the bottom of the baking sheet.
6. Sprinkle potatoes onto the baking sheet, on top of parmesan, making sure not to disturb that delicious parmesan crust that's about to form.
7. Bake potatoes for 20-25 minutes until almost fork tender.

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8. In the same ziplock bag or bowl, you tossed your potatoes in toss the broccoli with the remaining 1/3 of the rosemary dijon mixture.
9. Remove potatoes from the oven, lightly stir. Place the broccoli on the other side of the pan, put it back in the oven for 10-12 minutes until broccoli is roasted to your liking.
10. Remove from oven, and keep warm till time to serve.

Tip: Don't be afraid of a little char on your broccolini. This umani-esque taste can add more depth to your veggie dish

STEP 4: Ahi Tuna (or tofu)

Instructions:

1. Cut ahi tuna or tofu into two sections, about 2 inches thick.
2. Heat a large saute pan over medium-high heat.
3. Sear tuna over medium-high heat for 2-3 minutes (depending on your desired degree of doneness), carefully flip and sear the other side.
4. Once tuna is cooked to desired temperature, plate, and top with tomato-feta mixture (made in step #1).

Enjoy your dinner! We'll whip up your dessert coffee after.

Step 5: Caffeinate me, captain!

Instructions:

1. In a shaker add cold brew, coffee liqueur, condensed milk, S'more blend, and ice. Cover and shake (this is a great opportunity to show off your moves.)
2. Strain into a collins glass, reserve the ice.
3. In the same Boston shaker, add heavy cream, shake until slightly thickened, strain over cocktail. Enjoy!