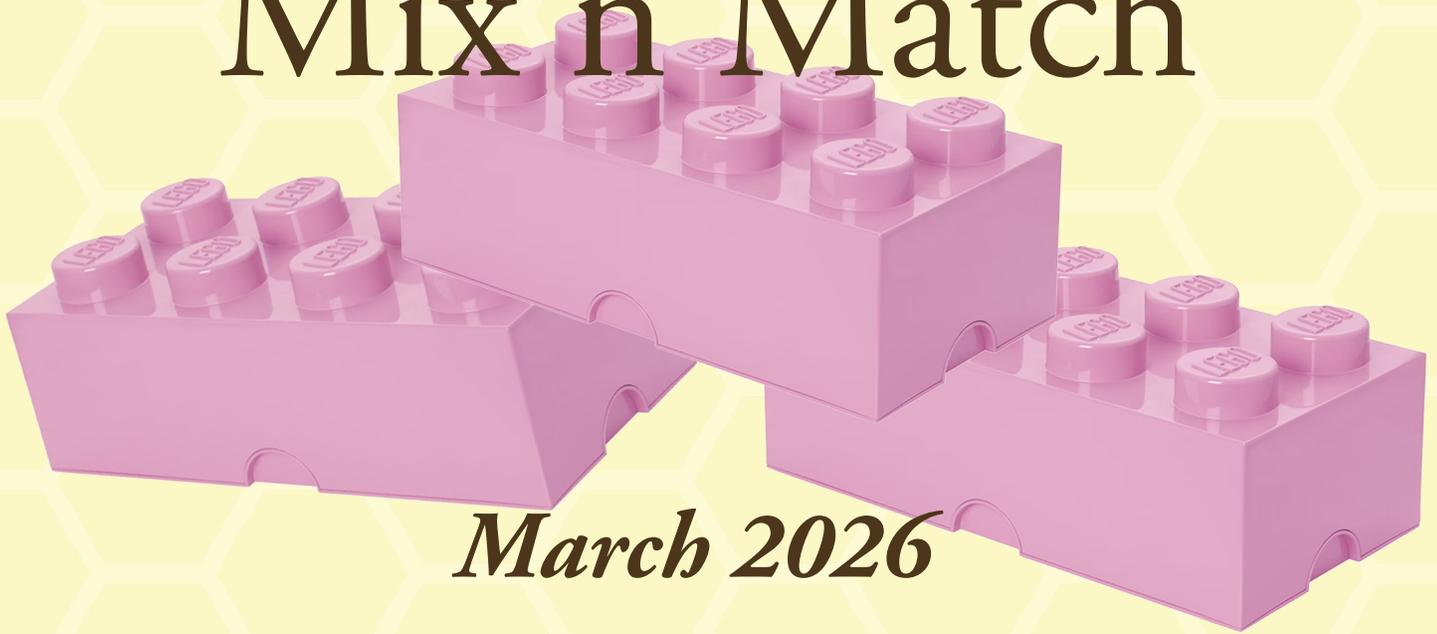


LEGO

Meal Prep

Mix n Match



March 2026

*\$20 per person
(feeding a family of 4)*

Our Lego Meal Prep Guide for March focuses on easy-to-source, easy-to-prepare ingredients that snap together in many ways for maximum flavour with minimal effort — all while keeping things affordable. Think of it like building blocks: a handful of versatile components that you mix and match throughout the week to create completely different meals every night. To make it even easier, we've included a mix and match matrix and a ready-to-use shopping list so you can get in, get out, and enjoy the season.



Base #1: Aromatic Broth Chicken

Yield: ~4 cups, shredded chicken with broth

Ingredients

- 2lbs - Chicken thighs, boneless skinless
- 2 cups - Chicken stock (or water + 1 bouillon cube)
- 1 large - Yellow onion, quartered
- 4 cloves - Garlic, smashed
- 1-inch knob - Fresh ginger, sliced
- 1 tsp - Kosher salt
- 1/2 tsp - Black pepper

Flavor Shift Ideas

Asian Bowl:

- Add 2 tbsp soy sauce + 1 tsp sesame oil to reheated chicken
- Serve over rice with roasted mushrooms and bok choy

Mediterranean

- Add juice of 1 lemon + 1 tsp dried oregano + crumbled feta
- Serve over greens with cherry tomatoes and olives

Mexican Tacos:

- Add 1 tsp cumin + juice of 1 lime + fresh cilantro
- Serve in corn tortillas with quick-pickled onions

Comfort Bowl:

- Add 2 tbsp cream + fresh herbs + garlic powder
- Serve over pasta or mashed cauliflower

Method

- 1. SIMMER:** Add all ingredients to a large pot or Dutch oven. Bring to a boil over high heat, then reduce to a gentle simmer. Cover and cook for 25 minutes until chicken is tender and cooked through (internal temp 165°F).
- 2. SHRED:** Remove chicken from pot and place on a cutting board. Use two forks to shred the chicken into bite-sized pieces. Reserve 1 cup of the cooking liquid (strain out the aromatics).
- 3. COMBINE:** Return shredded chicken to the reserved cooking liquid and mix well. The broth keeps the chicken moist during freezing and adds flavor.
- 4. COOL COMPLETELY:** This is critical for food safety! Let the chicken mixture cool at room temperature for 30 minutes, then transfer to the refrigerator for another 30 minutes until completely cool.
- 5. PORTION & FREEZE:** Fill Souper Cubes with cooled chicken mixture, leaving 1/4-inch headspace for expansion. Freeze for 4-6 hours until solid.
- 6. STORE:** Pop out frozen cubes and immediately transfer to labeled freezer bags. Label with: 'Aromatic Chicken - [Date] - Asian/Mexican/Mediterranean/Italian'



Base #2: Savory Tomato Meat + Lentils

Yield: ~5 cups meat sauce

Ingredients

1lbs - Ground chicken OR ground pork	4 cloves - Garlic, minced
	2 tbsp - Olive oil
3/4 cup - Dried green or brown lentils, rinsed	1 tsp - Smoked paprika
1 large OR 2 medium - Zucchini, grated	1 tsp - Dried oregano
2 medium - Carrots, peeled and grated	1 tsp - Kosher salt
1 can (28oz) - Crushed tomatoes	1/2 tsp - Black pepper
2 tbsp - Tomato paste	1/2 tsp - Red pepper flakes (optional)
1 large - Yellow onion, diced	1 cup - Water or chicken stock

Method

1. PREP VEGETABLES: Grate zucchini and carrots using a box grater or food processor. If zucchini releases a lot of water, gently squeeze out excess moisture (don't worry about getting it completely dry).

2. SAUTÉ AROMATICS: Heat olive oil in a large skillet over medium heat. Add diced onion and cook for 5 minutes until softened. Add minced garlic and cook for 1 minute until fragrant.

3. BROWN THE MEAT: Add ground chicken or pork to the pan. Break it up with a wooden spoon and cook for 7-8 minutes until no longer pink. Season with salt, pepper, smoked paprika, and dried oregano.

4. ADD VEGETABLES & LENTILS: Add grated zucchini and carrots to the pan. Stir and cook for 2-3 minutes until vegetables begin to soften. Rinse lentils and add them along with 1 cup water or stock. Stir to combine.

5. BUILD THE SAUCE: Stir in tomato paste and cook for 1 minute (this removes the raw taste). Add crushed tomatoes and red pepper flakes if using.

6. SIMMER: Reduce heat to low and simmer uncovered for 25-30 minutes, stirring occasionally, until lentils are tender and sauce has thickened. The vegetables will break down and add natural sweetness and texture. If it gets too thick, add a splash more water. The lentils should be soft but still hold their shape.

7. COOL COMPLETELY: Let sauce cool at room temperature for 30 minutes, then refrigerate for 30 minutes until completely cool.

8. PORTION & FREEZE: Fill Souper Cubes with cooled meat sauce. Use 2-cup molds for family portions or 1-cup for individual servings. Freeze 4-6 hours.

9. STORE: Pop out frozen cubes and transfer to labeled freezer bags: 'Tomato Meat + Lentils - [Date] Italian/Mexican/Middle Eastern/Asian'

Flavor Shift Ideas

Italian Pasta:

- Add 1 tsp Italian seasoning + fresh basil
- Serve over pasta with parmesan cheese reheated chicken

Middle Eastern:

- Add 1 tsp cumin + 1/2 tsp cinnamon + pine nuts
- Serve over rice with tahini drizzle and parsley

Burrito Bowl:

- Add 2 tsp cumin + 1 tsp chili powder + cilantro
- Serve over rice with peppers, sour cream, cheese

Asian Lettuce Wraps:

- Add 2 tbsp soy sauce + 1 tsp ginger + green onions
- Serve in lettuce cups with crispy fried onions



Base #3: Citrus-Ginger Tofu

Yield: ~3 cups tofu with marinade

Ingredients

- 1 lb (14-16 oz) - Extra-firm tofu, pressed and cubed
- 1 large - Orange, juiced (about 1/4 cup)
- 1 - Lime, juiced (about 2 tbsp)
- 2 tbsp - Fresh ginger, grated
- 3 cloves - Garlic, minced
- 2 tbsp - Soy sauce or tamari
- 1 tbsp - Neutral oil (avocado or canola)
- 1/2 tsp - Black pepper

Flavor Shift Ideas

Asian Stir Fry:

- Add extra soy sauce + sesame seeds
- Serve over rice with frozen Asian veg blend

Caribbean Bowl:

- Add 1/4 cup coconut milk + 1/2 tsp curry powder
- Serve over rice with roasted radishes

Fresh Tacos:

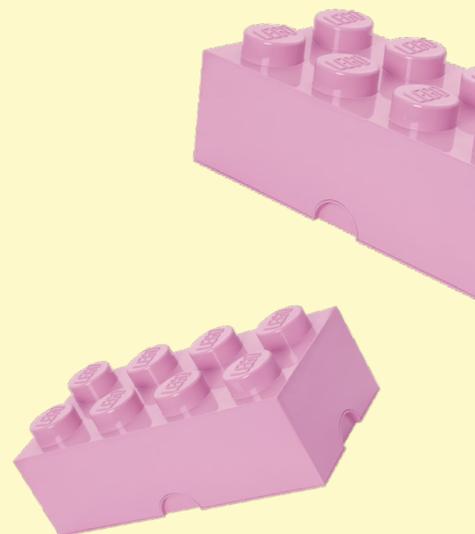
- Add cumin + fresh cilantro + lime
- Serve in tortillas with red cabbage slaw

Grain Bowl:

- Serve cold over mixed greens
- Top with sesame seeds and crispy fried onions

Method

- 1. PRESS TOFU:** Wrap tofu block in clean kitchen towel or paper towels. Place on a plate with a heavy object on top (like a cast iron pan). Press for 15-20 minutes to remove excess moisture.
- 2. CUBE TOFU:** Cut pressed tofu into 3/4-inch cubes. Larger cubes hold up better during freezing and reheating.
- 3. MAKE MARINADE:** In a bowl, whisk together orange juice, lime juice, grated ginger, minced garlic, soy sauce, and black pepper.
- 4. SEAR TOFU (Stovetop):** Heat oil in a large skillet over medium-high heat. Add tofu cubes in a single layer (work in batches if needed). Sear for 2-3 minutes per side until golden brown.
- 5. BRAISE:** Pour marinade over tofu (in skillet). Reduce heat to medium-low and simmer for 10-12 minutes, turning tofu occasionally, until most of the liquid has reduced and tofu is glazed.
- 6. COOL COMPLETELY:** Transfer tofu and any remaining glaze to a bowl. Cool at room temperature for 30 minutes, then refrigerate for 30 minutes.
- 7. PORTION & FREEZE:** Divide tofu and glaze among 1/2-cup Souper Cubes. Freeze 4-6 hours until solid.
- 8. STORE:** Pop out and transfer to labeled freezer bags: 'Citrus-Ginger Tofu - [Date] Asian/Caribbean/Tacos/Salad'



Base #4: Spiced Crispy Chickpeas (3 Ways)

Yield: ~3 cups roasted chickpeas

Ingredients

2 cans (15 oz) - Chickpeas, drained and rinsed

3 tbsp - Olive Oil

1 tsp - Kosher salt

Flavor Shift Ideas

Divide roasted chickpeas into 3 bowls (about 1 cup each) and toss each with:

MEDITERRANEAN

1 tsp cumin

1 tsp smoked paprika

1 tsp lemon zest

1/4 tsp garlic powder

- Toss over Greek salad, grain bowls, or flatbread
- Pair with feta and tahini sauce

CURRY-SPICED

1.5 tsp curry powder

1/2 tsp garlic powder

1/4 tsp black pepper Pinch cayenne (optional)

- Add to rice bowls with coconut curry sauce
- Top with yogurt and cilantro

SMOKY BBQ

1 tsp smoked paprika

1/2 tsp garlic powder

1/2 tsp onion powder

1 tsp brown sugar

- Add to burrito bowls or grain bowls
- Pair with sour cream and green onions

Method

1. DRY CHICKPEAS: Drain and rinse chickpeas. Pat VERY dry with paper towels or clean kitchen towel. Remove any loose skins (this helps them get crispier). Let air dry for 10 minutes.

2. SEASON BASE: Toss dried chickpeas with olive oil and salt in a bowl.

3. BAKE: Preheat oven to 400°F. Spread chickpeas on a rimmed baking sheet in a single layer. Roast for 25-30 minutes, shaking the pan every 10 minutes, until golden and crispy.

4. DIVIDE & FLAVOR: Remove from heat and immediately divide into 3 separate bowls while still hot. Toss each batch with one of the spice blends below.

5. COOL COMPLETELY: Let chickpeas cool completely on the counter (about 30 minutes). They'll continue to crisp up as they cool.

6. FREEZE ON TRAY: Spread each batch on a parchment-lined baking sheet and freeze for 2 hours until solid. This prevents them from clumping.

7. STORE: Transfer each batch to separate labeled freezer bags. Label: 'Mediterranean Chickpeas', 'Curry Chickpeas', 'Smoky Chickpeas' + date.

RECIPE TIP: To reheat and re-crisp frozen chickpeas:

AIR FRYER (best!) - 400°F for 5 minutes, shake basket once.

OVEN - 350°F for 5-7 minutes on a baking sheet. They'll be crunchy again!



Essential Components & Sides

Frozen Rice Cubes

Makes: 8-10 x 1 cup servings
Freezer life: 3 months

Ingredients

2 cups - Jasmine rice or white rice, uncooked
3 cups - Water
1 tsp - Salt
1 tbsp - Butter or oil (optional, prevents sticking)

Reheat

Microwave frozen cube with 1 tbsp water for 90 seconds, fluff and serve.

Method

- 1) Rinse rice until water runs clear.
- 2) Combine rice, water, salt, and butter in a pot. Bring to boil, reduce to low, cover, and simmer 15-18 minutes.
- 3) Remove from heat, let sit covered 5 minutes. Fluff with fork.
- 4) Cool completely (30 min room temp + 30 min fridge).
- 5) Portion into 1-cup Souper Cubes, freeze 4-6 hours.
- 6) Pop out and store in freezer bags labeled 'Rice - [Date]'

Roasted Radishes

Makes: 4 servings
Prep: 5 min
Cook: 20 min

Ingredients

1 bunch - Radishes (12 -15), halved or quartered
2 tbsp - Olive oil
1/2 tsp - Kosher salt
1/4 tsp - Black pepper
1 tsp - honey for caramelization (optional)

Storage

Refrigerate 4-5 days. Add to bowls cold or reheat quickly.

Method

- 1) Preheat oven to 425°F (or air fryer to 400°F).
- 2) Toss radishes with oil, salt, pepper, and honey if using.
- 3) OVEN: Roast 20-25 minutes, shaking pan halfway. AIR FRYER: Cook 12-15 minutes, shake basket halfway.
- 4) They're done when golden brown and tender. They'll taste sweet and mild, nothing like raw radishes!

Creamy Tahini

Sauce

Makes: 1 cup (8 servings)
Can freeze in 1/2-cup cubes

Ingredients

1/2 cup - Tahini, well stirred
1/4 cup - Fresh lemon juice (about 1 large lemon)
2 cloves - Garlic, minced or grated
1/2 tsp - Kosher salt
1/4 cup - Water (or more for desired consistency)
1 tsp - Cumin for earthiness (optional)

Storage

Fridge 1 week OR freeze in 1/2 cup Souper Cubes for 2 months.

Thaw in microwave 15 seconds.

Method

Whisk all ingredients together in a bowl. It will seize up at first - keep whisking and adding water 1 tbsp at a time until it reaches a drizzle-able consistency. Taste and adjust lemon/salt.



Ginger-Soy Glaze

Makes: 3/4 cup (6 servings)

Can freeze in 1/2 cup cubes

Ingredients

1/4 cup - Soy sauce or tamari
2 tbsp - Fresh ginger, grated
2 cloves - Garlic, minced
2 tbsp - Rice vinegar (or lime juice)
1 tbsp - Honey or brown sugar
1 tsp - Sesame Oil
Optional: 1 tsp Cornstarch mixed with 1 tbsp water (for thicker glaze)

Storage

Fridge 2 weeks OR freeze in 1/2-cup cubes for 3 months.

Use from frozen in hot pan or thaw 20 seconds in microwave.

Method

Whisk all ingredients together.

For thicker glaze: Heat in small saucepan over medium, whisk in cornstarch slurry, simmer 2 minutes until thickened.

Cool before freezing.

Quick-Pickled Red Onions

Makes: 1 jar

Ready in: 20 minutes

Lasts: 2 weeks refrigerated

Ingredients

1 large - Red onion, thinly sliced
1/2 cup - Lime juice OR apple cider vinegar
1/2 tsp - Kosher salt
1 tsp - Sugar (optional, for less sharp flavor)

Use on

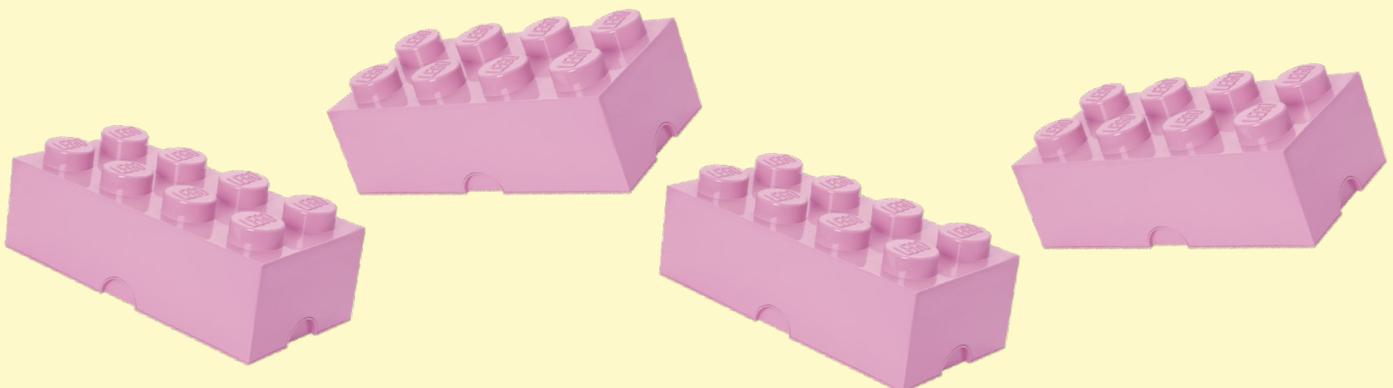
Tacos, burrito bowls, grain bowls, salads - anywhere you want a tangy crunch.

Method

Pack sliced onions into a jar. Pour lime juice/vinegar over to cover. Add salt and sugar. Shake or stir.

Let sit 20 minutes at room temp.

Ready to use! They'll turn bright pink.



Meal Name	Protein Cube (from freezer)	Grain/Base	Vegetables	Flavor Shift (add while reheating)	Fresh Finish (toppings)
Asian Chicken Bowl	1 cube Aromatic Chicken (1-cup)	Jasmine rice (fresh or frozen cube)	Roasted mushrooms, bok choy	2 tbsp soy sauce, 1 tsp sesame oil	Green onions, sesame seeds
Chicken Tacos	1 cube Aromatic Chicken (1-cup)	Corn tortillas (warm)	Frozen fire-roasted peppers	1 tsp cumin, juice of 1 lime, cilantro	Quick-pickled red onions, cotija cheese
Mediterranean Bowl	1 cube Aromatic Chicken (1-cup)	Mixed greens or rice	Cherry tomatoes (roasted), radishes	Juice of 1 lemon, 1 tsp dried oregano	Feta cheese, olives, tahini drizzle
Creamy Pasta	1 cube Aromatic Chicken (1-cup)	Pasta (cook fresh)	Frozen chopped spinach	2 tbsp cream, 1 tsp garlic powder, Italian seasoning	Parmesan, dried parsley
Classic Meat Sauce Pizza	1 cube Tomato Meat (1-cup)	Pasta (cook fresh)	(Vegetables in sauce)	1 tsp Italian seasoning, Red pepper flakes	Fresh parmesan, basil if available
Burrito Bowl	1 cube Tomato Meat (1-cup)	Rice (frozen cube or fresh)	Frozen fire-roasted peppers, frozen corn	2 tsp cumin, 1 tsp chili powder	Sour cream, cheese, cilantro, lime
Middle Eastern Bowl	1 cube Tomato Meat (1-cup)	Rice (frozen cube)	Roasted radishes	1 tsp cumin, 1/2 tsp cinnamon	Tahini sauce, parsley, dried cranberries
Asian Lettuce Wraps	1 cube Tomato Meat (1/2-cup)	Lettuce cups (butter lettuce)	Frozen Asian stir-fry blend	2 tbsp soy sauce, 1 tsp grated ginger	Green onions, crispy fried onions



Meal Name	Protein Cube <i>(from freezer)</i>	Grain/Base	Vegetables	Flavor Shift <i>(add while reheating)</i>	Fresh Finish <i>(toppings)</i>
Citrus Tofu Stir-Fry	1 cube Citrus Tofu (1/2-cup)	Rice (frozen cube)	Bell peppers, mushrooms	Extra soy sauce to taste	Sesame seeds, green onions
Caribbean Tofu Bowl	1 cube Citrus Tofu (1/2-cup)	Rice	Roasted radishes, frozen corn	1/4 cup coconut milk, 1/2 tsp curry powder	Lime wedge, cilantro
Fresh Tofu Tacos	1 cube Citrus Tofu (1/2-cup)	Corn tortillas	Red cabbage (shredded fresh)	1 tsp cumin, extra lime juice, cilantro	Quick-pickled onions, avocado
Buddha Grain Bowl	1 cube Citrus Tofu (1/2-cup)	Mixed greens	All roasted vegetables you have	Serve as-is or add soy sauce	Sesame seeds, nori strips, crispy onions
Mediterranean Pita	Mediterranean Chickpeas (from freezer bag)	Flatbread or naan	Cherry tomatoes, mixed greens	Reheat chickpeas in oven to crisp	Feta, tahini sauce, olives
Chickpea Curry	Curry-spiced chickpeas (from freezer bag)	Rice	Frozen chopped spinach	1/4 cup coconut milk added to pan	Yogurt, cilantro
Protein-Packed Salad	Any chickpea variety (from freezer)	Mixed greens	Cherry tomatoes, bell peppers, radishes	Reheat to crisp, serve warm on cold salad	Your favorite dressing, seeds
Chicken Hummus Wrap	1 cube Aromatic Chicken (1/2-cup)	Large flour tortilla	Store-bought hummus, mixed greens, tomatoes	Juice of 1/2 lemon, dried oregano	Feta, olives, quick-pickled onions



Shopping List

Fresh Proteins

- Chicken thighs - 2 lbs (bonless, skinless preferred)
- Ground chicken OR ground pork - 1 lb (93% lean recommended for chicken)
- Extra-firm tofu - 1 lb (14-16 oz package)
- Eggs - 1 dozen (large)

Essential Aromatics

- Yellow onions - 3 large
- Garlic - 1 whole head (or pre-minced jar)
- Fresh ginger - 3-inch knob (or tube of ginger paste)

Fresh Herbs

- Cilantro - 1 bunch (essential for Mexican/Asian flavor shifts)
- Green onions/scallions - 1 bunch (multi-use across cuisines)

Citrus

- Lemons - 2
- Limes - 2
- Orange - 1 large

Canned Items

- Chickpeas - 2 cans (15 oz each)
- Crushed tomatoes - 1 can (28 oz)
- Tomato paste - 1 small can (6 oz)
- Coconut milk - 1 can (13.5 oz, full-fat recommended)
- Chicken broth OR vegetable broth - 1 carton (32 oz/4 cups)

Grains & Legumes

- Jasmine rice OR white rice - 2 cups dry (or 1 lb bag)
- Dried green or brown lentils - 1 cup (for tomato meat sauce)

Dairy

- Greek yogurt OR sour cream - 1 container (16 oz)
- Feta cheese - 4 oz crumbled
- Parmesan cheese - 4 oz (shredded or block)
- Cotija cheese - 4 oz (optional, for Mexican dishes)

Fresh Vegetables

- Bell peppers - 4 peppers (assorted colors) OR use frozen fajita blend
- Cherry tomatoes - 2 pints (roast until jammy!)
- Zucchini - 1 large OR 2 medium (for tomato meat sauce)
- Carrots - 2 medium (for tomato meat sauce) + extra if you want roasted
- Red cabbage - 1 small head (shreds for slaw, roasts beautifully)
- Mushrooms - 1 lb (cremini or shiitake for umami)
- Bok choy or baby bok choy - 1 bunch (Asian-inspired bowls)
- Radishes - 1 bunch (roast them! totally different vibe)
- Mixed greens - 2 containers/bags (5 oz each)

Jarred Sauces & Condiments

- Tahini - 1 jar (8-10 oz)
- Hummus - 1 container (10 oz, any flavor)
- Soy sauce OR tamari - 1 bottle (10 oz) - use tamari if gluten-free
- Sesame oil - 1 small bottle (toasted/dark)
- Hot sauce - your favorite (optional)
- Pickled jalapenos - 1 jar (for tacos/bowls)

Pasta & Breads

- Pasta - 12 oz (penne, rigatoni, or spaghetti)
- Corn tortillas - 1 package (12-20 count)
- Flour tortillas - 1 package (large, for wraps)
- Flatbread OR naan - 1 package (4-6 pieces)



Nuts & Seeds

- Sliced almonds - 1 bag (4 oz)
- Sesame seeds - 1 jar (white or black)
- Pumpkin seeds/pepitas - 1 bag (optional)

Other Toppings

- Crispy fried onions - 1 container (game-changer for bowls!)
- Olives - 1 jar (Kalamata or Castelvetrano for Mediterranean meals)
- Nori sheets - 1 package (crumble over Asian bowls)
- Dried cranberries OR golden raisins - 1 bag (for Middle Eastern bowls)

Vinegars

- Rice vinegar - 1 small bottle (optional, for Asian flavors)
- Apple cider vinegar OR red wine vinegar - 1 bottle (if low)

Essential Spices

(check your pantry first!)

- Cumin (ground) - 1 jar
- Coriander (ground) - 1 jar
- Smoked paprika - 1 jar (essential for tomato meat sauce!)
- Chili powder - 1 jar
- Curry powder - 1 jar
- Italian seasoning - 1 jar (replaces fresh basil/oregano)
- Dried oregano - 1 jar (for tomato sauce & Mediterranean)
- Garlic powder - 1 jar
- Onion powder - 1 jar
- Red pepper flakes - 1 jar
- Cinnamon (ground) - 1 jar (for Middle Eastern flavor shift)
- Dried parsley - 1 jar (for garnish when you want it)

Frozen Vegetables

(these are GAME CHANGERS!)

- Frozen edamame - 1 bag (shelled, protein boost)
- Frozen Asian stir-fry blend - 1 bag (snap peas, water chestnuts, mushrooms)
- Frozen chopped spinach - 1 box (perfect for adding to sauces/bowls)



Salt & Honey

Catering + Events

About Us

At Salt & Honey, we believe every occasion should be a celebration! We are passionate about creating fun, memorable and effortless events. Located in the San Francisco Bay Area, we service all parts of the greater Bay Area from Napa to Silicon Valley.

Our approach is simple: Take the best ingredients at the height of their season and let them shine. We believe using locally sourced and sustainably raised-and-caught produce, meat and seafood creates the best meals that are satisfying for the palate and responsible for the environment. Our style is driven by the bounty of Northern California, finding inspiration in Mexican, French, Italian and Caribbean flavors.

Our dedicated team believes in sourcing seasonal ingredients, working with professional and service-oriented staff and creating simple, rustic and elegant presentations.

Socials

Instagram - [saltandhoney](#)

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