



Order Quail online at
www.watchNBuy.com
or call
(877) 803-3116 or (210) 494-1978.

*Heart healthy, low in fat and
cholesterol, high in protein.*

We deliver the freshest and finest "Pharaoh Quail", known for its great flavor, moisture and tenderness.



Salad of Quail

For 2-4 persons
Preparation time: 10 min
Cooking time: 10 min

4 Quail
½ lb fresh spinach
1 tsp chopped onions
½ tsp chopped garlic
1 tbs olive oil
1 tbs vinegar or lemon juice

Cut quail along back bone, flatten (apply pressure hand over hand on breast). Salt & pepper both sides; baste with olive oil.

Place quail in pan on MED-HI 3 min. each side (until golden).

Mix onions, garlic, parsley, vinegar, olive oil. Warm for 2 min. Dress spinach. Pan warm quail (breast side down) 2 min., add warm vinaigrette and serve.