

Plan a WOCKA WOCKA movie night and watch *The Muppets* on Blu-ray™ or DVD, with some crazy activities, recipes and ideas included in this kit.

## Ya Wanna "Bring It"? Here's The Checklist.

- •THE WOCKA WOCKA VALUE PACK BLU-RAY, or DVD!
  - Swedish (Chef) Turkey Meatballs (recipe included)
  - Pepe The King Prawn's Pollo Burritos (recipe included)
    - •BOUNTY Paper Towels (for the post-mayhem)
      - Popcorn
      - Beverages
      - Activity Placemat (included)
  - Fozzie's Top 10 Jokes for your opening act (included)





For More Fun Activities and Recipes, Visit: Disney.com/muppets/activities

Sponsored by Bounty Paper Towels with Track & Lock Technology. To learn more, visit Bounty on Facebook.





Høødee døødee, ver friske vinderfliven yøøbetcha! Tôodee, makeen dee Sweedee Meetee Bøøøls, der yümeroooski liken Moome üüsttee makeee! Scrøøømiulisieeous! Zø flippenn mit der gøørpinn un dee vårgin vøøt dee schmeellink, cüz vee lipee smackée zinkle fûr øøl! Høkskee füüünn & bøn appettøøtéé! ~ The Swedish Chef!

# SWEDISH CHEF'S TURKEY MEATBALLS

**EDITOR'S NOTE:** If that introduction made no sense to you, congratulations! It made no sense to us either. So we had our team of top notch researchers work round the clock to translate it. As soon as they stopped staring at the clock and listening to that soothing "tick-tock-tick-tock", they decided that the Swedish Chef was just telling you that this is his world famous Swedish (Chef) Meatball recipe for making the most "Scrøøømiulisieeous" Swedish meatballs ever! Just like mom (or at least the Chef's mom) used to make. We tried it, and agree that with the Chef. This recipe is "lipee smackéé zinkle fûr øøl". So have fun and bøn appettøøtéé!

## SWEDISH CHEF'S ORIGINAL RECIPE

## **YOU WILL NEED:**

2 slices whole wheat bread, torn into small pieces

1/4 cup nonfat or low-fat milk

1 small onion, finely chopped

2 Tbs. butter divided

3/4 tsp. kosher salt

1.5 lbs ground lean dark

1 large egg

1/2 tsp. pepper

1 tsp. dijon mustard

1/4 tsp. nutmeg

1/8 tsp. garlic powder for gravy:

2 tsp. butter

z isp. bulle

1/4 cup flour

3 cups boiling chicken broth

1/4 cup cream

side:

Lingonberry Jam

## **TO PREPARE:** ADULT SUPERVISION REQUIRED MEATBALLS:

1) Preheat oven to 300° F. 2) Place bread pieces in a small bowl, add milk and let soak. 3) In a saute pan on medium low heat, melt one tablespoon butter. Gently saute your onions until translucent, about five minutes. Set aside too cool. 4) In large bowl combine turkey meat, egg, salt, pepper, dijon mustard, nutmeg and garlic. Stir well, then add bread crumbs and cooled onions. Mix until well incorporated. 5) Heat a large skillet on medium heat and melt additional tablespoon butter. Then, working in small batches, brown the meatballs on all sides. Once browned, remove each with a slotted spoon and place into a buttered baking dish. 6) Place browned meatballs in oven. Bake for 15 minutes, stir, then continue to bake another 15 minutes. 30 minutes baking time total.



### **GRAVY:**

1) Add 2 tablespoons butter to the same pan you browned meatballs in and turn up heat to medium-high. 2) When butter is melted, sift flour in very slowly and constantly stir mixture with spatula. The mixture will start to seize up and get lumpy, keep stirring and begin to slowly add hot broth a quarter cup at a time. 3) Once all the broth is incorporated and the mixture is smooth and thick slowly add cream.

4) Season to taste with salt and pepper and serve immediately.

Serve with a side salad and a small amount of gravy. Makes 8 servings, 3 meatballs per serving.

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Høødee døødee, ver friske vinderfliven yøøbetcha! Tôodee, makeen dee spéécy-spîcée bøørittos, der yümeroooski! Zø flippenn dee schmeellink, cüz vee lipee smackéé zinkle fûr øøl! Høkskee füüünn Cha-cha-cha!!

Ola! I am Pepe the King Prawn, and I have no idea what the Swedish Chef is talking about, okay. Peoples say I talk funny, but they are wrong. It is the Chef who talks funny. (Fozzie Bear; he talks, but he is never funny, okay). Anyway, even though the Swedish Chef makes no sense, this recipe for bøørittos...excuse me, burritos is muy bien! That means, very good, okay. So don't worry if it doesn't makes sense — if it tastes good eat it! (But don't eat king prawns...l'm too young to be digested!)



## **YOU WILL NEED:**

PEPE'S ORIGINAL RECIPE

2 large boneless skinless chicken breasts 2 cloves chopped garlic 1 tsp. chili powder 1/2 tsp. kosher salt 1/4 tsp. black pepper 1 large lime, juiced 2 Tbs. vegetable oil

1 cup Pinto beans homemade\*or can Low-fat shredded cheese 1 cup baby spinach 4 whole wheat tortillas Lime wedges for garnish

### TO PREPARE: ADULT SUPERVISION REQUIRED

1) Combine first seven ingredients in a large bowl and let marinade in refrigerator for at least one hour. 2) Bring grill pan or skillet to medium high heat and coat pan with oil. Add chicken and cook about 7 minutes. Flip and continue to cook other side for an additional 7 minutes or until fully cooked. Remove from grill and slice meat against the grain into 1/2inch pieces. 3) Place tortilla on clean grill and heat for one minute. Flip and add desired amount of shredded cheese to center of tortilla. After one minute remove from heat and build your burrito. 4) Add chicken, beans, spinach and salsa. Keep all ingredients in center of tortilla and do not overfill. Fold tortilla in half and then fold each end in toward the center. Roll the burrito over once more to close. 5) Place on the grill folded side down. After three minutes flip over. After three more minutes. 6) Remove from grill cut in half and serve immediately with fresh lime, avocado, salsa and chips.

Makes approximately 2 burritos

## **HOMEMADE PINTO BEANS**

## YOU WILL NEED:

1 cup of pinto beans soaked 1/4 tsp. baking powder overnight in cold water

3 cups water

1 small onion

2 garlic cloves

1/2 tsp. kosher salt

1 tsp. apple cider vinegar

1 tsp. hot sauce

## TO PREPARE: ADULT SUPERVISION REQUIRED

1) Bring soaked beans to low simmer in a medium sauce pan with 3 cups water, roughly chopped onion, garlic and baking soda.

2) Simmer, covered, for two hours or until beans are tender.

3) Add salt, vinegar and hot sauce, stir and simmer uncovered while flavors develop for an additional 20 minutes. Can be made ahead of time and refrigerated.

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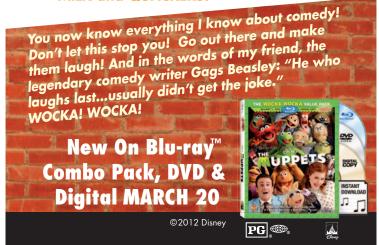






- Why did the Chicken cross the Internet?...
  To get to the other SITE!
- What do you get when you cross the Atlantic in the Titanic?...
  HALFWAY!
- A guy asked me if I took a bath today?... I said "Why? Is one missing?!"
- Do you know why I don't wear shoes?...
  Because I have BEAR feet!
- Do you know why fish are so smart?...
  Because they swim in SCHOOLS!
- Why did the hot dog wear a sweater?...
  Because it was a CHILI DOG!
- I went to a Pirate Movie... it was rated "Arrrrrgh!"
- What did the lady duck say when she bought lipstick?...
  Put it on my BILL!
- Why did the parrot wear a raincoat?... So he could be POLLY-UNSATURATED!
- What do you get when you cross a cow and a duck?...

**MILK and QUACKERS!** 



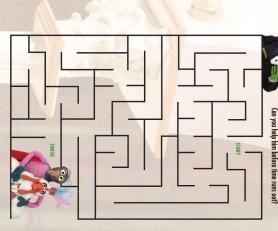




**Animal's Word Domination** 

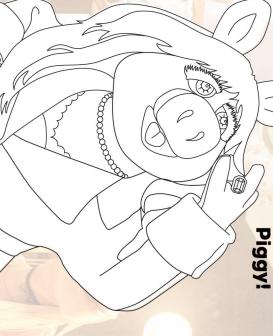
Find word! Circle word! All done! Good job!

The Great Gonzo
The show must go on, but Kermit the Frog has to find
the Great Gonzo and his lovely assistant, Camilla.



Color Moi

What's Different?









PG | MAESTAL GUDANCE SUGGESTED - GED-STAM MATTERN, MAT 1927 FC SUCKRALE FOR STRAINERS OF FOR SURM MEET Back NUMBER | Kermit is ready to go.

Move ahead two spaces

g king is flush ahead four spaces

Fozzie had an encore.
Go back one space.

Disney.com/Muppets

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Go back two spaces.