



# Farm Box Meals

WEEK OF MAY 17

## beet & broccoli fried rice

If you want the veggies to keep their own lovely colors you can stir-fry the broccoli & beets in separate pans, then mix together

### Ingredients

#### Beets:

- 1-1/2 T coconut oil
- 2 beets peeled and diced
- 1" ginger peeled, minced
- 2 cloves garlic minced
- 1/4 t cumin
- 1/4 t coriander
- 1/4 t turmeric
- 1/8 t black pepper
- 3 t Thai red curry paste

#### Stir-fry:

- 1 crown broccoli cut into florets
- 1 bell pepper cut into strips
- 1 red onion sliced
- 1/2 head cabbage chopped
- 3 cups cooked rice
- 1/2 cup diced pineapple

#### Sauce:

- 1/4 C freshly-squeezed orange juice
- 2 T freshly-squeezed lime juice
- 1/4 C tamari or soy sauce

1. Heat the coconut oil in a large, wide pan over med-high heat. Add the diced beets and stir well. Continue to cook, stirring frequently until beets are starting to soften. Add the ginger and garlic and cook for just 30 seconds.
2. Add the cumin, coriander, turmeric, and black pepper, and stir. Immediately add the Thai red curry paste. Cook, stirring constantly, for about 2-3 more minutes.
3. Next add your veggies to the pan and stir well; continue to cook while stirring frequently until the vegetables have turned bright in color and are crisp-tender. Add the cooked rice and diced pineapple and stir to combine.
4. Finally, add the sauce to the pan and cook, stirring frequently, until hot throughout.
5. Serve warm, garnished with chopped green onion, cilantro and chopped, toasted cashews if desired.

## sriracha lime cucumber salad with peanuts

### Ingredients

- 1/4 C fresh lime juice
- 1 T sriracha sauce
- 1 clove garlic, grated
- 2 T grapeseed oil

- 4 persian cucumbers, sliced 1/4" thick
- 1 C packed cilantro, chopped
- 1/2 C salted roasted peanuts\*
- 1/2 small red onion, sliced
- Kosher salt

1. In a small bowl, whisk the lime juice, fish sauce, sriracha and oil.
2. In a large bowl, toss the cucumbers, cilantro, peanuts and onion.

Add the dressing and toss to coat. Season with salt and serve.

\*Replace with cashews or pistachios if you want

## stir-fried beet greens

### Ingredients

- 2 T soy or tamari
- 1/2 t sugar
- 1/T rice vinegar
- 1/8 t red pepper flakes
- Beet greens, rinsed & trimmed

- 1 T olive oil
- 1/2 T sesame oil
- 1/2 T ginger, peeled & grated
- 2 green onions, finely chopped
- 2 cloves garlic, sliced
- sesame seeds

1. In a small bowl, mix together the soy sauce, sugar, vinegar and red pepper flakes. Set aside.
2. Heat oils in the wok on high heat. Add garlic, ginger & onion. Stir-fry a few minutes, add beet greens, + a little water. Cover, let steam two minutes. Uncover stir, and stir-fry until wilted.
3. Add soy sauce mixture and stir to coat. Garnish with sesame seeds and serve. Enjoy!

Celebrate  
Asian-Pacific Heritage Month  
with healthy Asian-inspired dishes

