

MAKING REAL FOOD SIMPLE

We love helping you make the most out of your produce! Then we can all help sustain local agriculture in our community.



Refreshing addition to your Cabbage Rice

TOMATO, CUCUMBER & YOGURT SALAD

- 3 cups greek yogurt whisked.
- 2 Persian cucumbers finely chopped (don't peel)
- 1 tomato finely chopped
- 1 onion finely chopped
- 2 jalapenos seeded, pithed & finely chopped.
- 1/2 tsp ground cumin
- salt to taste

1. Chop all your veggies. Try to chop evenly.
2. Whisk yogurt well, adding salt & cumin powder.
3. Add the chopped veggies and stir.
4. Transfer to a serving bowl and serve with Cabbage Fried Rice.



WEEK OF AUG 16 Farm Box Meals



Lower carbs than traditional rice with tons of flavor!

CABBAGE RICE WITH CARROTS & BELLS

- 6 tsp olive oil
- 1 1/2 tsp mustard seeds
- 2 tsp cumin ground
- 1 bay leaf or 6 fresh curry leaves
- 1/4 cup chick peas
- 1 jalapeno chili slit, seeded
- 1 onion finely chopped
- 1 carrot grated
- 1 bell pepper seeded, chopped
- 4 cups cabbage finely chopped (you can use a food processor, grater or thinly slice & chop)
- 1 tsp salt
- 1/2 tsp turmeric ground
- 1 tsp red chili powder
- 1 tsp garam masala
- 4 cups cooked rice day old rice works best
- 1/4 cup coconut grated
- 1/4 cup cilantro fresh, chopped

1. In a large wok or skillet, heat oil & add mustard seeds, cumin & bay leaf
2. Add chickpeas - saute till crunchy on low heat
3. Add chili & onion - saute till softened
4. Then add carrot, bell pepper - saute 3 minutes
5. Fold in finely chopped cabbage & salt. Cook 3 minutes more.
6. Stir in spices (turmeric, chili powder, garam masala) and saute everything over low heat till fragrant and spell-binding
7. Fold in rice and 1/2 tsp salt. Mix gently. Cover & simmer 3 minutes and liquid is absorbed into rice.
8. Add coconut and cilantro. Mix well. Serve with fresh plain yogurt & cucumbers.

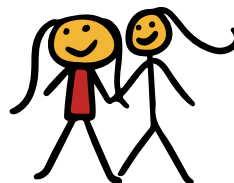
ONE PAN ROASTED CHICKEN WITH PEACHES

- 4 chicken breasts boneless, skinless
- 1 lb fingerling potatoes
- 2 peaches sliced
- 3 tbsp EV olive oil
- 3 tbsp white wine
- 2 tbsp cilantro fresh, chopped
- 4 garlic cloves minced
- 1 inch ginger root grated
- 1 tsp kosher salt
- 1/2 tsp black pepper

1. Heat oven to 400F.
2. With a mallet, gently pound the chicken breasts to tenderize. Cut into 2 inch strips, if desired.
3. Cut potatoes in half, lengthwise.
4. Mix together wine, oil, garlic, ginger, salt & pepper.
5. Place chicken & potatoes placed in a large pan, pour mixture over, toss to coat and roast for 25 minutes.
6. Slice peaches into 1/2" slices and add to roasting pan. Toss with juice. Roast another 10 minutes till peaches are soft.

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