SIMPLE, FRESH
FARM BOX MEALS

Simple recipes so you can eat well & help sustain local agriculture in our community.

All about the curry

Make it your own! Don't be afraid to add more spice, or maybe less. You can add, carrots, potatoes, & bell pepper, Oh My! Or you might enjoy diced tomato & Thai basil. Make it vegan or throw in your protein of choice. The possibilities are endless! Be as creative or as simple as your heart & tummy desire. Remember it's not just what you eat but how you eat it. So don't forget to enjoy!

Butternut Squash & Chickpea Vegan Curry

YOU'LL NEED	ALL YOU HAVE TO DO
4 C diced butternut squash 1 can chickpeas drained 3 C baby spinach 1 large chopped shallot 4 cloves crushed garlic 1 tbs grated ginger 1 can creamy coconut milk ¾ C veggie stock 1 tbs coconut oil 3 tbs vegan red curry paste ½ tbs yellow curry powder 1 tsp brown sugar 1 tsp garam masala - Salt & pepper - Basmati rice/crushed cashew/peanuts/cilantro/ Thai basil/lime wedges.	- Preheat oven to 400F on large baking tray, drizzle butternut squash with oil salt & pepper, toss & place in the oven for 35-40 min or until soft & edges begin to brown. - Heat coconut oil in large pan on medium/high heat, add shallots. Sauté until golden then add crushed garlic & grated ginger sauté another minute. - Lower the heat & add all your spices, red curry paste, yellow curry powder, garam masala, a little more coconut oil & cook until fragrant. (Be careful not to burn!) - Add veggie broth, coconut milk, brown sugar, & gently simmer. Blend with an immersion blender for a creamier texture. - Combine butternut squash, chickpeas, & allow to thicken a little longer. Then mix in baby spinach. - Serve with basmati rice & garnish with ingredients of your choice. Crushed cashews or peanuts, cilantro, Thai basil, or lime wedges.

Persimmon & Vanilla Bean Chia Pudding

YOU'LL NEED	ALL YOU HAVE TO DO
3 tbs chia seeds 1 cup plant-based milk 1 4in fresh vanilla bean 2 soft persimmons halved 1 tbs maple syrup(optional) **Topping:** 1 tsp granola 1 tsp toasted coconut flakes 1 tsp pomegranate seeds - shaved vegan/dark choc. (optional)	- Mix chia seed, plant-based milk, scraped vanilla bean, & maple syrup. Mix & set in fridge to chill. - Take persimmon & scoop out soft flesh. No skins, blend w/immersion blender until smooth. - Once pudding thickens, remove from fridge & assemble your pudding. - In small jars place a tbs of granola on the bottom, add 2 tablespoons of pudding and 1 tablespoon of persimmon puree. Repeat the same for second layer - Top the chia pudding with a sprinkle of granola, toasted coconut flakes and pomegranate seeds.