



SIMPLE, FRESH FARM BOX MEALS

JAN 17, 2022

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

Turn up for Turnips!

Tokyo Turnips are tender, sweet, and juicy as can be. By taking advantage of both their leaves and their bulbs, this insanely easy and delicious side dish requires very few other ingredients, allowing the turnip flavor to shine through.

Miso Roasted Tokyo Turnips

YOU'LL NEED

- 1 lb Tokyo turnips
- 3 tbs white miso paste divided
- 3 tbs olive oil divided
- Salt & pepper

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Serve them raw: Since they are mild in taste, you can serve them raw. Simply slice them thinly (or in small cubes) & add them to your salad recipes.

Lightly Sauté: Cut them in half & sauté in a large skillet with a little bit of olive oil just until they are softened & turned golden brown. You can sauté the green leaves as well. However, I recommend cooking them separately.

Pickle: You could make a simple pickling brine & store thinly sliced turnips in there for a few days until you are ready to use.

Roast: Simple cut them in half and roast in the oven.

ALL YOU HAVE TO DO

- Pre-heat oven 425F & line baking sheet with parchment paper & set aside.
- Prep Turnips by slice off the greens & slice each bulb in half. (Save the greens & set aside)
- Whisk 2tbs miso paste & 2tbs olive oil together.
- Spread the turnips on prepared baking sheet & drizzle it with the miso-olive oil mixture, toss to coat.
- Place baking sheet in oven & bake for 12-15 min, rotate turnips halfway through baking process.
- Take out of the oven allow to cool, & sprinkle with large pinch of black pepper, & taste for salt.
- Either while cooking or waiting for turnips to cool, rinse the greens & rough chop, heat 1tbs olive oil in pan & sauté greens until they are lightly wilted. Stir in rest of the miso paste & be sure greens are coated.
- Add ¼ tsp freshly ground pepper, taste for seasoning & adjust if necessary.
- Transfer warm greens in a large salad bowl then spread roasted turnips on top, serve while still warm.