



SIMPLE, FRESH FARM BOX MEALS

APR 18, 2022

Simple recipes so we can eat well & support local agriculture

Grilled Sesame Bok Choy

YOU'LL NEED

- 1-3 heads Bok Choy
- 2 tbs peanut oil
- 1 tbs honey
- 1 tbs rice vinegar
- 1-2 cloves minced garlic
- 2 tsp Siracha or fav chilli sauce
- 2 tsp toasted sesame oil
- 1 tbs toasted sesame seeds
- Splash of soy sauce/fish sauce - optional

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ALL YOU HAVE TO DO

- Get your grill ready outside grill or you can bring out your George Foreman grill!
- Slice each head of Bok Choy in half and steam just long enough for them to become barely tender but still crisp. Only a couple of minutes, keep a close eye on them.
- Once done drain Bok Choy immediately.
- In a mixing bowl combine the peanut oil, honey, rice vinegar, garlic, siracha, toasted sesame oil, and soy sauce if your using it. Whisk well until fully mixed.
- Cover the Bok Choy with the dressing & toss well.
- Place onto a hot grill & grill until charred. About 4 minutes or so depending on cooking method.
- Remove from the grill and drizzle any remaining dressing & sprinkle with toasted sesame seeds.
- Serve and enjoy!

Simple Rosemary Roasted Red Potatoes

YOU'LL NEED

- 1-2 lbs red potatoes
- 1/8 C olive oil
- 3/4 tsp kosher salt
- 1/2 tsp fresh ground black pepper
- 1 tbs minced garlic
- 2 tbs minced fresh rosemary leaves
- 1/2 tsp paprika or red pepper flakes

ALL YOU HAVE TO DO

- Preheat the oven to 400°F
- After washing cut the potatoes in half or quarters & place in a bowl & add olive oil, Salt, pepper, garlic, & rosemary. Toss until fully coated.
- Dump the potatoes onto a baking sheet & spread into one layer. Avoid over crowding or your potatoes wont get crispy.
- Roast in the oven for 45 min to an hour until brown & crisp.
- Flip twice with spatula during cooking process for even browning.
- Remove from the oven & add extra seasoning or herbs to your liking.
- Serve and enjoy as a side or by itself.



*Thank you for
supporting local!*

What's your favorite way to enjoy your fruits & veggies?
email us at info@dailyharvestexpress.com and let us know - We love hearing your feedback!