



SIMPLE, FRESH FARM BOX MEALS

APR 25, 2022

Simple recipes so we can eat well & support local agriculture

Lentils & Kale w/ Lemon Mustard Marinated Cauliflower & Carrots

YOU'LL NEED

- ½ head cauliflower
- ½-1 lb carrots
- 1 ½ C cooked Puy lentils
- 1 bunch kale

Mustard Marinade

- 1 tbs mustard seed
- 2 tbs olive oil - Extra Virgin
- 1 tbs honey or maple syrup
- 1 Zested Lemon - small

Dressing

- 4 tbs olive oil - Extra Virgin
- 1 lemon zested & juiced - large
- 1 tsp each salt & pepper
- 1 clove garlic crushed or diced

ALL YOU HAVE TO DO

- Preheat the oven to 350°F. Cook lentils ahead of time, follow package instructions.
- Marinade - grind mustard seeds using mortar & pestle/high speed blender until seeds are almost ground, add rest of ingredients & mix well.
- Break cauliflower into florets, peel carrots keep whole or dice, wash kale & tear into bite size pieces.
- Add cauliflower & carrots to a bowl, add the marinade & coat the veggies completely, let sit for 10-15 min.
- Spread the veggies out onto a baking tray in a single layer & roast for 40 min or until tender & brown.
- Prepare your dressing by placing all of the dressing ingredients into a jar & shake vigorously to combine.
- Place the cooked lentils & kale in a serving dish, cover w/ dressing & toss. Let sit at room temp while veggies cook.
- When the veggies are done toss them with your lentils & kale. Season to taste & you can serve warm or at room temperature.

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Crispy Baked Cauliflower

YOU'LL NEED

- 1 head cauliflower
- 1/3 C olive oil
- ½ tbs ground coriander
- 1 tbs your favorite seasoning - I love taco or chipotle seasoning
- ½ tbs smoked paprika
- ¼ tsp mixed spice - optional
- ½ tsp maple syrup - optional
- 1 tbs toasted sliced almonds
- Fresh cilantro to garnish
- salt & pepper to taste

ALL YOU HAVE TO DO

- Preheat the oven to 450°F
- Wash & prep cauliflower, cut into florets.
- Place florets on a tray & coat with olive oil.
- In a separate bowl combine spices, mix well.
- Sprinkle seasonings over your cauliflower & mix making sure florets are completely covered.
- Heat an oven safe skillet over med-high heat add enough oil to coat bottom of the pan.
- Once hot add your cauliflower to sear at high heat for about 5 minutes. Be careful not to overcrowd the pan this results in soggy cauliflower.
- Once a nice sear has formed transfer skillet to preheated oven & bake on the center rack for 10-15 min tossing every 5 min until golden brown. It should be tender with crispy edges
- Garnish with desired herbs, nuts, dipping sauce, or creamy dressing of your choice!

Choose any combination of seasonings you'd like!

Use your favorite BBQ rub for BBQ roasted cauliflower & grilled corn. How about Pesto roasted cauliflower with angel hair pasta? And similar to our featured recipe; taco seasoned cauliflower for vegan tacos!