



SIMPLE, FRESH FARM BOX MEALS

SEPT 12, 2022

Simple recipes so we can eat well & support local agriculture

Braised Artichokes, Favas, & Carrots in Creamy Lemon Sauce w/ Fennel

YOU'LL NEED

- 2 cups shelled fava beans
- 1/2 C olive oil
- 2 yellow onions - halved thin slice
- 1 C chopped fennel bulb (fronds reserved)
- 1 medium red potato - 1/2-inch slices
- 4 C halved baby artichokes OR large quartered
- 1/4 C green onions - thin slice
- 1 tsp fennel seeds - fine grind
- 3-5 rainbow carrots - thick julienne slice
- 1 C white wine
- 1 1/2 C water
- 1/4 preserved lemon, flesh discarded, rind rinsed and cut into strips
- 1 tsp kosher salt
- 1 tsp Maras pepper or black pepper
- 6 tbs fresh lemon juice - divided
- 1 teaspoon thickening agent
- 1/2 C fresh dill - chopped

ALL YOU HAVE TO DO

- Cook fava beans 1 minute in boiling water. Drain and plunge immediately into ice water. Drain well. Remove membranes from beans; discard membranes. Set beans aside.
- Heat a large high-sided sauté pan over medium heat. Add oil to pan. Add yellow onions; cook 6 minutes or until tender, stirring occasionally. Add fennel bulb and potato; cook 5 minutes, stirring occasionally. Stir in artichokes, green onions, fennel seeds, and carrots.
- Add wine; cook 1 minute. Add 1 1/2 cups water, preserved lemon, salt, and pepper. Reduce heat to low, and simmer for 10 minutes or until vegetables are tender.

**Give \$20
Get \$20**

If you love our food & service, please share us with your friends! Check your account page for more info.



Thank you for supporting local!

Dragon Fruit Smoothie

YOU'LL NEED

- 1 cup cubed dragon fruit
- 1 banana
- 1 cup cubed mango
- 1/2 cup coconut chunks
- 1 cup Unsweetened almond milk

ALL YOU HAVE TO DO

- Add all ingredients into a high-speed food processor. Blitz until smooth.
- Adjust sweetness if needed by adding up to 1 tbs maple syrup (but you likely won't need it!)
- Serve & enjoy!