



SIMPLE, FRESH FARM BOX MEALS

JULY 3, 2023

Simple recipes so we can eat well & support local agriculture

Chard & White Bean Ragout w/ Broccoletti Toasted Almonds

YOU'LL NEED

- ¼ C olive oil
- ½ C sliced almonds
- ½ tsp paprika
- 2 garlic cloves - thin slice
- 28oz canned diced tomatoes
- 1 bunch Swiss chard - stalks thin slice & leaves rough chop
- 8oz baby spinach
- 2 tbsp fresh lime juice
- 1 bunch each of mint & Dill leaves roughly chopped
- 1 bunch of dill, leaves roughly chopped
- 8 scallions, chopped ½-in pieces
- 14 oz canned white beans - drain & rinse
- 4 oz feta cheese - crumbled

ALL YOU HAVE TO DO

- Heat a large sauté pan (with lid) over medium heat. Add 2 tbsp of the olive oil and once hot add the almonds and paprika. Fry for 2-3 minutes or until the almonds are golden brown. Transfer to a bowl. Strain out the oil once cool.
- Return the pan to medium-high heat and add the remaining 2 tbsp of olive oil. Once it is hot, add the garlic and fry for 1 minute or until starting to brown.
- Add the tomatoes, chard, and ¾ tsp salt. Stir through to combine. Cover the pan, reduce the heat to low, and cook for 20 minutes, stirring every 5 minutes or so. Remove the lid and stir in the spinach, lime juice, mint, dill, scallions, and white beans. Heat through and then remove from the heat.
- Serve topped with almonds and feta.

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Pasta Primavera

YOU'LL NEED

- 12oz pasta - like penne
- 2 tbs extra-virgin olive oil
- 1 Shallot - thin sliced
- 1-2 carrots - matchstick slice
- 1 zucchini ¾-in - sliced & halved
- 1 yellow squash, ¾-in slice & halved
- 6 tbs unsalted butter, cut into 8 pieces
- ¾ C fresh grated Parmesan cheese - more for garnish
- ½ C milk - OR milk sub
- 1 tsp dried basil
- ½ tsp garlic powder
- ½ tsp sea salt
- ½ tsp fresh cracked black pepper
- ⅓ C sun dried tomatoes - chopped
- 1½ C cherry tomatoes - halved
- Chopped fresh basil or flat leaf parsley, optional
- Crushed red pepper flakes, for serving, optional

ALL YOU HAVE TO DO

- Bring a large pot of salted water to a boil over high heat. Add the pasta and cook according to package instructions, about 8-12 minutes.
- Meanwhile, heat 1 tablespoon olive oil in a large skillet, over medium-high heat. Add the shallots and carrots, stirring until softened, about 5 minutes. Transfer the shallots and carrots to a plate. Add the remaining tablespoon olive oil, swirl to coat then add the zucchini and squash in a single layer. Cook until golden brown on each side, about 6 minutes total, transfer to the plate with the carrots.
- Add the butter to the skillet. When melted, whisk in the Parmesan, milk, basil, garlic powder, salt and pepper, until smooth. Stir in the sun dried and cherry tomatoes, until warmed through. Remove from heat.
- Drain the pasta. Add the pasta along with the carrot and zucchini mixture to the skillet and toss to coat
- Serve with additional Parmesan, fresh basil and crushed red pepper flakes if desired.

Thank you for supporting local!