



# SIMPLE, FRESH FARM BOX MEALS

JUNE 5, 2023

*Simple recipes so we can eat well & support local agriculture*

## Roasted Tokyo Turnips & Israeli Couscous Salad

### YOU'LL NEED

- 1 bunch Tokyo turnips
- ½ head of broccoli - florets OR Kale/turnip greens
- 1 C Israeli couscous
- 1 clove garlic - minced
- ¼ C red onion - chopped
- Juice from ½ a lemon
- Pinch of red chili flakes
- Salt & pepper to taste
- 4-5 tbs extra virgin olive oil



*Thank you for supporting local!*

### ALL YOU HAVE TO DO

- Preheat oven to 425°F. Trim radishes from greens, leave a small stub of the stems attached. Wash well & halve each turnip, keeping the long tails intact. Prep Broccoli.
- Toss the turnips w/ 1-2 tablespoons of olive oil, pinches of salt & pepper, & the optional chili flakes. Place flat side-down on a roasting pan. Roast for 5-10 minutes, until the bottoms are lightly browned. Toss around, & roast another 3-5 minutes. Remove from heat & let cool.
- Bring 3 cups water to a bowl & add the couscous. Continue to boil for 8-10 minutes until tender. Drain.
- Heat 1-2 tablespoons olive oil over med/high flame & add garlic. Once fragrant, toss in the broccoli & a pinch of salt & pepper. Sauté until just fork tender. Transfer to a bowl & let cool.
- Combine the chopped onion w/ the cooled couscous & broccoli. Add fresh lemon juice, an extra tablespoon or so of olive oil, & salt & pepper to taste. Serve w/ the roasted radishes on top.

## Savory Balsamic Blueberry Sauce

### YOU'LL NEED

- 2 tbs butter - divided
- 2 tbs olive oil
- 1/4 C shallots - minced
- 2 tsp garlic - minced
- 2 tbs fresh rosemary - minced
- 2 tbs honey
- ½ C balsamic vinegar
- 2 C fresh blueberries
- ¼ tsp salt
- ½ tsp pepper

### Protein of Choice

- 2 lbs Chicken, Pork tenderloin/loin chops, flank steak/strip loin/filet mignon
- olive oil
- salt and pepper
- minced fresh rosemary optional
- other herbs & seasonings - optional

### ALL YOU HAVE TO DO

- For the Chicken, Pork, or Beef: Coat w/olive oil & liberally sprinkle w/salt, pepper, & rosemary/herbs if you are using.
- 2 ways of cooking: You can either grill your choice of meat. Chicken cook to an internal temperature of 165 degrees or pork to 145 degrees. You can also brown on all sides in a large sauté pan & set aside to finish cooking.
- For the Balsamic Blueberry Sauce: In a large sauté pan over medium heat, melt one tablespoon of butter w/the olive oil. Add the shallots, garlic, & rosemary & sauté for 2 minutes.
- Add the honey, salt, pepper &, blueberries. Stir in the balsamic vinegar. Reduce heat to low & simmer for 5 minutes or so until the blueberries begin to soften & the sauce begins to reduce. (If using the browned meat version, add the meat to the pan at this point).
- Add the remaining one tablespoon of butter & cook for another 3 minutes.
- Serve the sauce hot over either your protein & enjoy!

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