



SIMPLE, FRESH FARM BOX MEALS

SEP 4, 2023

Simple recipes so we can eat well & support local agriculture

Seared Lamb Chops with Butternut Squash & Baby Bok Choy

YOU'LL NEED

- 1 lb (about 4 chops) lamb chops - or protein of your choice
- 2 tbsp butter
- ¼ cup + 6 tbsp olive oil
- 2 tbsp minced garlic
- salt and black pepper to taste
- 8 chanterelles (or other mushroom), cut into quarters
- 2 baby bok choy, halved
- 2 cups butternut squash
- 1 lemon, juiced
- ¼ cup chopped mint leaves
- 4 tbsp soy sauce
- 1 tbsp sugar
- 2 tbsp sesame oil
- ½ tsp chili flakes
- 2 tbsp rice wine vinegar
- 2 tbsp unsalted butter
- 2 tbsp white wine

ALL YOU HAVE TO DO

- Cut the butternut squash in half, remove the seeds and lay flesh-side down on a baking sheet. Roast in oven at 400° for 1 hour.
 - Remove skin and dice butternut squash. Add squash to a food processor along with 1/4 cup olive oil, lemon juice and the butter, puree until smooth.
 - Blanch halved baby bok choy in boiling water for 20 seconds.
 - Season the lamb chops with salt and pepper, heat 1 tbsp of oil in a sauté pan and gently sear the lamb for 1-2 minutes. Turn the lamb over and turn off the heat.
 - add the chanterelles into the pan then place the lamb chops and the bok choy in the oven at 400° for 5 minutes.
 - While the lamb and baby bok-choy are cooking, in a small bowl combine the chili flake, rice vinegar, sesame oil, sugar, soy sauce, mint, 1 tbsp garlic and remaining 4 tbsp of olive oil to make the mint sauce.
 - When the lamb is done remove it from the pan and let it rest. Add the last 1 tbsp of garlic and the white wine to the pan, bring to a boil on the stove top (about 1 minute) then turn off the heat.
 - To assemble first place down the butternut puree, then the roasted baby bok choy, add the lamb and the chanterelle and drizzle with the mint sauce.
- Enjoy!



*Thank you for
supporting local!*

Give \$20 Get \$20

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