



SIMPLE, FRESH FARM BOX MEALS

SEPT 25, 2023

Simple recipes so we can eat well & support local agriculture

Green Bean Avocado Salad W/Creamy Avocado Dressing

YOU'LL NEED

- 1 lb green beans, ends trimmed to your desired length
 - 3 tomatoes - cut into thin wedges
 - 1 avocado - cube or slice thin
 - 1/2 red bell pepper - diced
 - 1/2 red onion - fine dice
 - 1/2 C fresh corn
- Dressing**
- 1/2 C ripe avocado - press into cup to measure
 - 3 tbsp extra virgin olive oil
 - 3 tbsp sour cream or yogurt - Greek or plain, unsweetened
 - 2 tbsp lemon juice
 - 1 garlic clove - finely minced using garlic crusher
 - 4 tbsp water or chicken broth to thin out
 - 1/2 tsp salt
 - 1/4 tsp black pepper

ALL YOU HAVE TO DO

- **Dressing:** Place all ingredients into a blender or small food processor and blitz until smooth (including any Extra Flavoring Options that you choose)
 - Use water to thin out to a pourable consistency (so it's not super gloopy and thick). Taste and add the following to taste: salt, pepper, lemon, oil.
 - **Salad:** Steam green beans using method of choice until soft (1 microwave, 5 minutes on high). Drain then leave to cool and dry.
 - Place remaining salad ingredients in a large bowl with the beans. Drizzle with half the Dressing. Toss. Serve with remaining Dressing on the side.
- NOTE:** It looks a bit messy if you toss the salad with the dressing. If you're serving to impress, just drizzle the Avocado Dressing over the top before serving or allow your guest to pour their own.

Creamy Chicken W/Broccoli & Cauliflower

YOU'LL NEED

- 1-2 lb boneless chicken breasts
- Kosher salt and ground pepper to taste
- 1 tsp Italian seasoning
- 2 tbsp olive oil divided
- 4-5 cloves garlic minced
- 1 1/2 cup almond milk
- 1 tbsp gluten-free flour
- 1/2 head cauliflower chopped
- 1/2 head broccoli chopped
- 2 tbsp fresh parsley chopped
- Lemon wedges optional to serve

ALL YOU HAVE TO DO

- Rub the chicken with the seasonings on all sides.
- Heat 1 tablespoon of oil in a large pan over medium-high heat. Cook the chicken until golden-brown and cooked through, about 6-7 minutes per side. Set aside and cover to keep warm.
- In a small bowl whisk the almond milk and flour until smooth.
- To the same pan heat the remaining oil, over medium heat. Add the garlic and cook for up to 1 minute.
- Pour in the almond milk mixture and stir; you should see the sauce getting thicker almost immediately as it heats up.
- Add broccoli and cook for 6-8 minutes, or just until tender. Return the chicken back to the pan and continue to cook for a couple of minutes to heat up.
- Garnish with chopped parsley and lemon wedges, if desired.

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