



SIMPLE, FRESH FARM BOX MEALS

OCT 23, 2023

Simple recipes so we can eat well & support local agriculture

Sesame Chicken & Green Bean Stir-Fry

YOU'LL NEED

For the Sauce

- 1/3 C low sodium soy sauce OR coconut aminos
- 1/3 C water
- 3 cloves garlic - minced
- 2 tbs coconut sugar or brown sugar
- 1 tbs toasted sesame oil
- 1 tbs rice vinegar
- 1 tbs ginger - fresh grated
- 1 tbs sesame seeds OR sub 1 tbs tahini
- 1/2 tbs red pepper flakes
- 1/2 tbs arrowroot starch OR sub cornstarch

For The Chicken

- 1/2 tbs toasted sesame oil
- 1-2 lbs lean ground chicken
- 1/2 tbs garlic powder
- Freshly ground salt and pepper

For The Veggies

- 1/2 tbs toasted sesame oil
- 2-3 carrots - thin slice
- 1 onion - chopped
- 1 red bell pepper - chopped
- 12oz green beans - trimmed, cut in 1/2

ALL YOU HAVE TO DO

For Serving

- 1/2 C roasted cashews - chopped
- Scallions - greens only
- Sesame seeds

- Make your stir fry sauce: in a medium bowl, whisk together the soy sauce, water, garlic, coconut sugar, sesame oil, rice vinegar, fresh ginger, sesame seeds, red pepper flakes & arrowroot starch (or cornstarch). Set aside.
- Add 1/2 tbs sesame oil to a large pot & place over medium heat.
- Once oil is hot add in ground chicken & season w/ garlic powder, salt & pepper. Quickly begin to break up the meat & cook until no longer pink.
- Once cooked, transfer meat to a bowl & set aside. Keep heat in pan.
- In the same pot, add 1/2 tbs sesame oil. Add in chopped onion & sliced carrots & cook for 2-4 minutes until onions begin to soften.
- Next add in green beans & bell pepper & cook, stirring frequently, for an additional 6-8 minutes or until green beans are slightly tender but still have a bite.
- Add cooked ground chicken back to the pot w/ the veggies. Immediately turn the heat to low & add in the sauce.
- Cook for an additional 2-4 minutes over low heat until the sauce begins to thicken.
- Serve w/ brown rice or quinoa for a healthy dinner. Garnish w/ roasted cashews, a few extra sesame seeds & scallions.

Give \$20 Get \$20

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

Pomegranate & Pear Salad with Ginger Dressing

YOU'LL NEED

- 1 C raw pecans - rough chop
- 10oz red butter lettuce OR baby arugula
- 4oz goat cheese OR feta - crumbled
- 1-2 Asian pear - thin slice
- 2 Gala apple - thin slice
- Arils from 1-2 pomegranates

Ginger Dressing

- 1/2 C EV olive oil
- 2 tbs apple cider vinegar OR to taste
- 2 tbs Dijon mustard
- 2 tbs maple syrup OR honey
- 2 tsp Ginger - finely grated
- 1/2 tsp fine sea salt
- About 20 twists of freshly ground black pepper

ALL YOU HAVE TO DO

- Toast pecans, then remove from the heat and roughly chop them (no need to chop if you started w/ pecan pieces). Set aside.
- Arrange the greens of choice across a large serving platter (or bowl, but the salad looks prettiest on a platter). Sprinkle the chopped pecans and crumbled goat cheese over the arugula. Fan out your slices of pear and apple and arrange them across the salad in sections. Sprinkle all over w/fresh pomegranate arils.
- To prepare the dressing, combine all of the ingredients and whisk until blended. Taste, and if it isn't quite zippy enough, add another tsp of vinegar.
- Wait to dress the salad until you're ready to serve (to avoid soggy salad). When you're ready, drizzle the ginger dressing lightly all over the salad (to your heart's desire). Serve & enjoy!

Thank you for supporting local!