



SIMPLE, FRESH FARM BOX MEALS

OCT 30, 2023

Simple recipes so we can eat well & support local agriculture

Hearty Kabocha Squash & Green Bean Stew

YOU'LL NEED

Squash

- 1-½ Kabocha Squash - prep & slice in cube
- 2 tbs EV Olive Oil
- 2 tbs light brown sugar
- ½ tsp kosher salt

For The Curry

- 3 tbs grapeseed oil or vegetable oil
- 1 tsp brown mustard seeds
- 3-4 fresh or dried curry leaves (optional)
- ½ tsp asafetida (optional)
- 1 3" piece ginger - peel & finely grate
- 5 garlic cloves - finely grate
- 1 red onion - fine chop
- Kosher salt to taste
- 1tsp ground turmeric
- 1 14oz can crushed tomatoes
- 1 13.5 oz can unsweetened coconut milk
- 2 C low sodium veg or chicken broth
- 6 oz green beans - trimmed & cut in 3rds crosswise

For Serving

- Fried onions OR Shallots
- Chopped Cilantro - stems removed
- Lime wedges - optional

ALL YOU HAVE TO DO

- Preheat oven to 400°F. Toss squash, oil, brown sugar, & salt in a med bowl to coat well. Spread out in a single layer on a parchment lined baking sheet & roast until fork tender (30-35min). Set aside.
- **CURRY:** Heat grapeseed oil in a med Dutch oven or heavy pot over med/high heat. Add a few mustard seeds to the pot. When seeds start to wiggle & pop, reduce heat to med, add curry leaves & asafetida (if using), then add remaining mustard seeds. Cover pot & cook spices, swirl pot until mustard seeds start popping gradually. Uncover pot and return heat to med/high, add ginger & garlic to cook, stirring constantly until it begins to brown. Add red onion and a big pinch of salt. Cook stirring often and reducing heat if needed, until onions are golden brown and jammy.
- Stir in Turmeric, tomatoes, & bring to a simmer. Reduce heat to med & cook stirring often until tomatoes are glossy & darkened in color, oil will start to separate around the edges of pot.
- Add coconut milk & broth stir to combine, then season with salt. Bring curry to a simmer then reduce heat to med/low. Cover & cook stirring occasionally to prevent sticking.
- Add green beans & squash to the curry. Bring to a gently simmer & cook until green beans are tender. If your curry gets too thick, add a splash of hot water; it should have consistency of heavy cream. Taste & season if necessary.
- Ladle into bowls & top with fried shallots/onions, cilantro & lime wedges on the side. Best served with Basmati or wild rice, Fresh Naan, or even by itself!

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Greek Style - Baked Zucchini & Potatoes

YOU'LL NEED

- 2 lbs red potatoes - Peel & thinly slice
- 4 zucchini - thin slice
- 4 red OR yellow Onion - thin slice
- 6 tomatoes - any variety - pureed
- ½ C EV olive oil
- 2 tbs fresh parsley - chopped
- Sea salt & fresh ground black pepper to taste

ALL YOU HAVE TO DO

- Gather all ingredients and preheat the oven to 400°F
- Spread potatoes, zucchini, and red onions in an extra-large baking dish (9x13-inch or larger, or 2 baking dishes).
- Cover with pureed tomatoes, olive oil, and parsley; season liberally with sea salt and pepper. Toss until vegetables are evenly coated.
- Bake in the preheated oven for 1 hour. Stir gently, then continue baking until vegetables are tender and moisture has evaporated, about 30 minutes more.
- Let sit and cool slightly before serving or serve at room temperature.

Thank you for supporting local!