



SIMPLE, FRESH FARM BOX MEALS

OCT 9, 2023

Simple recipes so we can eat well & support local agriculture

Sweet & Spicy Roasted Chicken w/Carrots

YOU'LL NEED

- 1-2 lb Chicken Breast - slice into tenders
- ½ Red Onion - thin slice
- 1 C Carrots - slice oval rounds
- 1 tbs Honey
- 1 tbs Dijon Mustard
- 1 tbs. Of Butter, Melted
- 1 tbs. Of Maple Syrup
- 1 tsp. Of Chili Powder
- 1 tsp garlic powder
- Salt & Pepper
- Fresh Scallions - for serving

ALL YOU HAVE TO DO

- Preheat oven to 425°F
- On a sheet pan, combine chicken, sliced red onion, & carrots.
- In a small bowl combine honey, Dijon, melted butter & maple syrup; stir to combine & drizzle over chicken & vegetables.
- Season ingredients w/ chili powder, garlic powder, salt & pepper, then place in the oven to roast for 20-25 minutes until chicken is cooked through.
- Broil for the last 2-3 minutes to caramelize the sauce on the chicken & carrots.
- Garnish with fresh chopped scallions & serve while warm.

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Cauliflower Steaks topped w/Hummus & Gremolata

YOU'LL NEED

- 1 large cauliflower
- 2 tbs olive oil, plus extra for drizzling
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- fine sea salt and freshly-ground black pepper
- 2/3 C/6oz hummus
- Gremolata
- 1/4 C pine nuts, toasted
- 1/4 C fresh mint - chopped
- 1/4 C fresh parsley - chopped
- 1 small clove garlic - pressed or finely minced
- 1 lemon

ALL YOU HAVE TO DO

- Preheat oven to 350°F.
- Cut the cauliflower, remove the tough outer leaves from the cauliflower, leaving any soft & tender center leaves intact. Trim the stem to create a flat base, then stand the cauliflower upright on the base & use a large knife to slice the cauliflower vertically in half (leaving the stem intact). Trim the outer rounded edge of each piece to create two 1.5-in thick cauliflower steaks, & save the remaining florets for another use.
- Prep the cauliflower. In a small bowl, whisk together the olive oil, cumin, smoked paprika, 1/4 teaspoon salt & a few twists of freshly-ground black pepper. Lay the cauliflower steaks flat on a surface & brush the top sides evenly w half of the oil.
- Cook the cauliflower. Heat a large cast-iron skillet over medium-high heat. Add the cauliflower steaks, oiled-side-down, & cook for 3-5 minutes or until the steaks are golden brown on the bottom. (You can use a spatula to carefully lift up the steaks to check their progress while they cook.) Brush the remaining oil on the tops of the steaks, then carefully flip them over. Transfer the entire skillet to the oven & bake for 15 minutes or until the stems are fork-tender, then remove from the oven.
- Prep the gremolata. While the steaks are baking, combine the toasted pine nuts, mint, parsley, garlic, the zest of the entire lemon, & 1 tablespoon of the lemon juice in a small bowl. Stir until evenly combined.
- Serve. Use a spoon to spread 1/3 cup of hummus onto each serving plate. Top w/the cauliflower steak, half of the gremolata, a drizzle of olive oil, an extra twist of black pepper, & serve w/extra lemon wedges if desired. Enjoy!



Thank you for supporting local!