



SIMPLE, FRESH FARM BOX MEALS

NOV 13, 2023

Simple recipes so we can eat well & support local agriculture

Sesame, Cucumber, & Avocado Salad

YOU'LL NEED

Salad

- 2 avocados
- 1 lb Persian cucumbers - thin slice
- 2 green scallions - thin slice
- Kosher salt & black pepper
- Toasted sesame seeds - for topping

Dressing

- 2 tbs toasted sesame oil
- 2 tbs rice vinegar
- 1 tbs toasted sesame seeds
- 1 tbs sweetener of your choice
- 1 ½ tsp soy sauce OR tamari
- ½ tsp red-pepper flakes

ALL YOU HAVE TO DO

- Make the dressing: Place sesame oil, rice vinegar, sesame seeds, & red pepper flakes into a small bowl. Add 1 tbs of water, then whisk until emulsified.
- Taste & adjust seasonings. (Dressing should taste acidic & a little sweet & salty)
- When ready to serve: Prepare the salad by halving the avocados and scoring into ½ inch cubes, then use a large spoon to scoop cubes into a large bowl. Add dressing & toss gently.
- Add the cucumbers, scallions, & toss everything together. Season with salt & black pepper, top with more sesame seeds, serve & enjoy! (best eaten right away)

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Red Potato & Spinach Sauté

YOU'LL NEED

- 4 C Red Potatoes - Cook & chill overnight
- 3 tbs butter
- 1 tbs grainy mustard
- 1 C yellow OR sweet onion - chopped
- 2 cloves garlic - finely chopped
- 2 C spinach - rough chop to avoid stringy pieces
- 1 tbs lemon zest - optional
- Paprika to taste
- Salt & pepper to taste

ALL YOU HAVE TO DO

- Cook potatoes the day before & refrigerate overnight. Bake at 425°F for 30-45 minutes (depending on the size of your potatoes), until the flesh is easily pierced w/a knife. Allow to cool completely, place in an airtight container & refrigerate overnight.
- Cut the potatoes in half, lengthwise, & slice the half in two, then slice into smaller pieces. No need to remove the skin.
- Sauté & season. Melt butter in a large sauté pan over medium heat. Add onion & sliced potatoes & cook until potatoes are lightly golden brown, then before the onions begin to caramelize add your garlic. Stir occasionally, add a little olive oil spray during cooking if needed. Add the spinach, grainy mustard, & lemon zest. Cook until spinach is wilted. Season w/salt, pepper, & paprika to taste. Add additional seasoning at this point if you'd like. Serve & enjoy!

Thank you for supporting local!