



SIMPLE, FRESH FARM BOX MEALS

DEC 11, 2023

Simple recipes so we can eat well & support local agriculture

Spiced Vegetables Fritters

YOU'LL NEED

- Oil of choice - for frying
- 1 C chickpea flour
- 3 tbs rice flour
- ¾ C water
- 1 tbs coriander seeds - crushed
- 1 tsp ground cumin
- 2 green chili peppers - diced
- 2 tbs. fresh cilantro - diced
- 1 tsp. salt
- 1-2 potatoes - finely sliced
- 8-14 cauliflower florets
- 1/2-1 zucchini - finely sliced

ALL YOU HAVE TO DO

- Heat the vegetable oil in a skillet on medium heat.
- Mix the chickpea flour, rice flour, and water together. A thick batter should result.
- Stir in the crushed coriander, cumin, chili peppers, cilantro, and salt.
- Coat pieces of potato, cauliflower, and zucchini with the batter and add them in batches to the oil to fry. Remove to paper towels to drain before eating.

Give \$20 Get \$20

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

Balsamic Roasted Potatoes & Red Onions

YOU'LL NEED

- 1 ½ lbs Yukon Gold Potatoes - peel & slice 1 ¼ in pieces
- 6 cloves garlic - peeled
- 5 tbs unsalted butter
- 2-3 red onions - slice into eights
- 3 ½ oz pancetta OR bacon, mushrooms & parmesan for a meatless dish
- ½ C balsamic vinegar - on the light side or just under ½ cup
- 1 tbs fresh thyme leaves - not lemon thyme
- 1 tbs olive oil
- Sea salt & freshly ground black pepper

ALL YOU HAVE TO DO

- Preheat the oven to 325°F
- To a large saucepan, add the potatoes. Cover w/water & add 1 tsp of salt. Place over a high heat, bring to a boil, then add the garlic cloves & boil for 2 minutes. Drain the potatoes & the garlic, leave to cool to room temperature.
- Heat a large non-stick skillet over med/heat. Reduce the heat to low & add the butter, onions, & pancetta (or alternative). Cook until onions have softened, 10 to 15 min.
- Add the balsamic vinegar & thyme, increase the heat & cook until syrupy, 2 to 3 minutes. Remove from the heat & dump the mixture into a large bowl.
- Add the blanched potatoes & garlic to the bowl, season w/salt & pepper & mix well.
- Coat the base of a roasting pan w/the oil. Tip in the potato mixture & roast for 15 min. Give the pan a shake so that the balsamic & butter coats the potatoes & onions. Continue roasting, stir occasionally, until the potatoes are tender & all begins to caramelize, 15 to 20 min. more.
- Remove from the oven & toss the potatoes around the pan to soak up all the juices. Taste & adjust seasoning, if needed. Serve immediately.

Thank you for supporting local!