



# SIMPLE, FRESH FARM BOX MEALS

JAN 22, 2024

*Simple recipes so we can eat well & support local agriculture*

## Garlic & Ginger Noodle Soup with Baby Bok Choy

### YOU'LL NEED

- 1 tbs olive oil
- 3 shallots - diced
- 1 bunch green onions - chopped, green & white divided
- 4 cloves garlic - minced
- 2 tbs fresh ginger - minced
- 5 ½ cups low sodium chicken broth OR veggie broth
- 2 whole star anise
- 2 tbs soy sauce OR Tamari
- 10 oz cremini mushrooms - sliced
- 6 oz rice noodles
- 1-3 heads baby bok choy - rough chop
- sesame seeds- for garnish
- red pepper flakes - for garnish

### ALL YOU HAVE TO DO

- Heat 1-2 tbs olive oil in a med/sized pot over medium heat, then add the diced shallots & mix well. Cook over medium heat for 4-5 minutes, or until the shallots turn translucent & start to soften. Stir often.
- Chop green onion- dividing the white part from the green part. Chop & set aside the green part for garnish. Meanwhile, finely chop the white part of each green onion.
- Add the white part of the green onions, minced garlic, & ginger to the shallots & mix. Cook, stirring occasionally, for 1-2 minutes or until garlic & ginger is fragrant.
- Carefully pour the chicken stock or water (or mix) into the pot & bring to a simmer. To the pot add the star anise & soy sauce. Cover & continue to simmer for 10 minutes.
- Remove lid from the pot & carefully remove & discard each star anise from the soup.
- Add the sliced mushrooms, uncooked noodles, & bok choy to the pot & simmer for 5-8 minutes, or until noodles & bok choy are tender. Season to taste.
- Divide soup between bowls & garnish with sesame seeds, the green parts of green onions & red pepper flakes - optional.

## Fajita Style Potato Wedges

### YOU'LL NEED

- 4-8 Yukon Gold Potatoes (depending on size) - cut into wedges
- 2 bell peppers any color
- 1 red onion
- 1 yellow onion
- Cilantro - for garnish
- Taco/Fajita seasoning pack
- If you don't have tacos seasoning at home:
  - cumin, chili powder, paprika, garlic powder, onion powder, and cayenne pepper

### ALL YOU HAVE TO DO

- Cut bell peppers and onions into strips and set aside
- Wash your potatoes and slice into wedges (if not cooking immediately put into a bowl of water to stop oxidation)
- In two bowls toss onions and peppers in one and potatoes in the other, with oil and the seasoning packet
- Place potatoes on an oven tray and onions and peppers on a separate one - the onions and peppers will cook much faster than the potatoes. The peppers and onions can be cooked on the stove top as well.
- Cook pepper and onions 20 minutes and potatoes for 30 minutes in a 350°F oven
- Recombine and let cool for 10 minutes, then serve.

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