



# SIMPLE, FRESH FARM BOX MEALS

FEB 26, 2024

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

## Braised Artichokes with Mandarin Chili Sauce

### YOU'LL NEED

- 3 lemons - slice wedges
- 2-4 artichokes - depending on size
- 2 tbs olive oil
- 1 ½ C vegetable broth
- 6 tbs freshly squeezed mandarin juice
- zest from 1 mandarin
- 1 tablespoon rice vinegar - apple cider vinegar as a sub
- 1 tbs sugar
- 1/2 tsp salt
- 1/2 tsp red pepper flakes
- 1/4 tsp garlic powder
- 1/8 tsp ground black pepper
- 3/4 tsp cornstarch

#### NOTES:

The tender flesh on the insides of the artichoke is edible! The outermost leaves of the artichoke aren't too fleshy, so you may have to peel off one or two layers of artichoke leaves before you reach the fleshier ones. Use your teeth to scrape off the flesh from the leaves. Dip the leaves in the mandarin chili sauce for more flavor.

### ALL YOU HAVE TO DO

- Fill a large bowl w/cold water. Squeeze juice of 1 lemon into bowl of water & toss squeezed lemon wedges into bowl of water. Set aside.
- Trim stems so that you have about 1 1/2 in. remaining. Peel off small leaves on stem & around the base. w/a paring knife or vegetable peeler, peel off the outer skin of the stem. Squeeze lemon juice on the stem & rub it around.
- Cut off the top 1/3 portion of the artichokes. Using kitchen shears, trim off tips of the remaining leaves to remove the thorns. Squeeze the juice from a lemon wedge over the cut side to keep the artichoke from browning.
- Place artichoke on cutting board, cut side down, so stem is sticking up. Slice artichoke down the middle. Squeeze lemon juice over each half. You can also rub the lemon wedges on the artichokes.
- Scoop out the fuzzy choke. Be careful! Squeeze more lemon juice into the cavity. Place into the bowl of water. Repeat w/the other artichoke.
- Heat a large pan w/olive oil over med/high heat. When hot, add the artichokes to the pan, cut side down. Cook the artichokes for about 3 to 4 minutes. Pour the vegetable broth into pan. Enough to cover up to ½ in.
- Bring to boil, then reduce to a low simmer. Cover pan w/a lid & cook for 20-25 min. They are done when a knife easily slices down the base of the artichoke, an indication that the artichoke heart is tender. Transfer the artichokes to a plate.
- Pour the broth into a bowl. Return 1/3 cup of broth to the pan. Add mandarin orange juice & zest, rice vinegar, sugar, salt, red pepper flakes, garlic powder, & black pepper to the pan. Stir to combine. Heat the sauce over medium-high heat. Once the liquids start to boil, mix 1/2 teaspoon of cornstarch & water in a small bowl. Pour the slurry into the pan & stir. The cornstarch helps thicken the sauce. Let the sauce cook for another -2 min. & turn heat.
- Drizzle some of the sauce over the artichokes & save the rest for dipping.

## Italian Sausage-Stuffed Zucchini Boats

### YOU'LL NEED

- 2-6 zucchini - 1 to 2 zucchini per person depending on size
- 1-3 tbsp. olive oil - divided
- ½ - 1 lb. mild or spicy Italian sausage - sub in chopped cauliflower or broccoli for veggie option
- 1 red bell pepper - diced
- 2 cloves garlic - minced
- ½ onion - chopped
- ¼ tsp. crushed red pepper flakes - optional
- 1/2 tsp. kosher salt
- 1 tsp. chopped fresh oregano or parsley - plus more for serving
- 2 tbs. chopped fresh basil - plus more for serving
- 1-2 C marinara sauce
- ½ - 1 C shredded mozzarella
- ¼ - ½ C grated parmesan - divided
- ¼ - ½ C panko breadcrumbs

### ALL YOU HAVE TO DO

- Preheat the oven to 425°F.
- Halve the zucchini lengthwise. Use a spoon to scoop out the insides (reserving the flesh), leaving about 1/4-inch-thick border around the edges. Arrange the zucchini boats on a parchment-lined, rimmed baking sheet.
- Chop the reserved zucchini flesh and set aside. Heat 2 tablespoons of the oil in a large skillet over medium-high heat. Add the sausage (or veggies) and cook, stirring to break up the sausage, until browned and crumbly, about 6 minutes. Add the chopped zucchini flesh, red bell pepper, garlic, red pepper flakes, and salt. Cook until the vegetables have softened, about 5 minutes. Remove the skillet from the heat. Stir in the oregano, basil, and marinara. Let cool 5 minutes. Stir in the mozzarella and cup of parmesan.
- Divide the filling mixture evenly among the zucchini shells. Stir together the panko breadcrumbs, remaining 1/4 cup parmesan, and remaining 1 tablespoon olive oil in a small bowl. Sprinkle evenly on top of each stuffed zucchini.
- Bake on the middle rack of the oven until the breadcrumbs are golden brown, cheese is melted and zucchini is tender, about 20 minutes. Serve with additional chopped fresh herbs.

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