



# SIMPLE, FRESH FARM BOX MEALS

MAR 11, 2024

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

## Baked Chicken Thighs & Asparagus

### YOU'LL NEED

- 1-3 lbs Chicken thighs (depending on family size)
- ½ to 1½ tsp kosher salt
- ¼ tsp cracked black pepper
- ¼ tsp paprika
- Pinch of celery salt
- 1 tbs EV olive oil
- 2-6 shallots - quartered
- 4-8 garlic cloves - thin slice
- 5 sprigs fresh thyme - more for garnish
- ⅔ C dry white wine
- Drizzle of honey
- 1 tbs stone ground mustard
- 1-pint cherry tomatoes
- 1/3 C capers or chopped olives - optional. I recommend adding lemon juice or zest if choosing to omit olives & capers
- 1 lb asparagus - trim ends & chop into even size pieces

### ALL YOU HAVE TO DO

- Preheat the oven to 375°F with a rack in center position.
- Pat the chicken dry. Season all over with 1 teaspoon of the salt & pepper.
- Heat the olive oil in a cast iron skillet over med/high heat. Once the oil is hot, working in batches, add chicken, skin side down, & cook, undisturbed, until the skin begins to brown, about 6 min. Flip chicken & repeat on the other side. Transfer to a plate.
- To the same skillet over med/heat, add shallots & cook, stirring occasionally, until they begin to soften. Add the garlic & cook, stirring, until fragrant, about 1 more minute. Stir in the thyme, wine, mustard, & honey. Simmer until the wine has reduced slightly, about 2 minutes. Season with the remaining ½ teaspoon salt and season to your heart's desire!
- Return the asparagus to the skillet along with the cherry tomatoes & olives. Nestle the chicken into the vegetables, skin side up. Bake in the oven until the internal temperature of the chicken reaches 165°F, about 35 minutes. Garnish with additional thyme leaves, if desired. Serve & Enjoy!

## Creamy Brussels Sprouts with Mushrooms

### YOU'LL NEED

- 1½ lbs. Brussels sprouts - trimmed & halved
- 4 tbs EV olive oil
- 1½ tsp kosher salt - plus more for shallots
- 2 shallots - slice (very thin)
- ½ C cooking oil of your choice
- 3 tbs unsalted butter
- 1 lb. mushrooms - Variety of your choice - slice in 1½ in pieces
- 1 C dry white wine (Pinot Grigio or Sauvignon Blanc)
- ½ C coconut cream OR sub for cashew cream, heavy cream, Greek yogurt
- To taste - garlic powder, paprika, & additional seasoning if you choose.
- Freshly cracked black pepper, for serving

### ALL YOU HAVE TO DO

- Preheat the oven to 400°F with a rack in the center.
- Place the Brussels sprouts on baking sheet, & drizzle with 3 tbs of olive oil, toss to coat. Spread out in an even layer & season with 1 tsp each of salt, pepper, paprika, & garlic powder. Roast until tender & browned, about 25 minutes.
- Meanwhile, heat the oil in a 12-inch skillet over med/high heat. Once oil is glistening, add the shallots & cook, stir often, until golden brown, 7-10 min. Using a slotted spoon, transfer shallots to a paper towel-lined plate. Season with salt & let cool.
- Discard remaining oil & return skillet to med/high heat. Add remaining 1 tbs olive oil & the butter. Once the butter has melted add mushrooms & cook, stir occasionally, until the mushrooms are golden-brown and tender. Season with remaining ½ tsp salt & stir in the wine. Cook until the wine reduces by half, 3-4 min.
- Add Brussels sprouts & heavy cream and cook, stirring, until the cream thickens and coats the Brussels sprouts. Season to taste with salt, pepper. Serve topped with fried shallots.

**Give \$20 Get \$20**

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

*Thank you for supporting local!*