



SIMPLE, FRESH FARM BOX MEALS

MAR 18, 2024

Simple recipes so we can eat well & support local agriculture

Cauliflower & Kale Frittata

YOU'LL NEED

- 2 tbs EV olive oil - divided
- 1 onion - sliced
- 1-1 ½ C cauliflower florets
- ¼ C water
- 5 C kale - chopped
- 3 cloves garlic - minced
- 1 tsp chopped fresh thyme
- ½ tsp salt - divided
- ½ tsp ground pepper - divided
- 8 large eggs
- ½ tsp smoked paprika
- ½ C crumbled goat cheese OR shredded Manchego cheese/fresh shaved parmesan

ALL YOU HAVE TO DO

- Position a rack in upper third of oven; preheat broiler to high.
- Heat 1 tbs oil in a large cast-iron skillet over med/heat. Add onion & cook, sauté until starting to brown, 2-4 min. Add cauliflower & water. Cover & cook until just tender, about 6 minutes. Add kale, garlic, thyme and 1/4 tsp each salt and pepper; cook, stirring often, until kale is wilted, 2-3 min.
- Whisk eggs, paprika & the remaining 1/4 tsp salt & pepper in a large bowl. Add the veggies to the egg mixture; gently combine. Wipe the pan clean; add remaining 1 tbs oil & heat over med/heat. Pour in the egg mixture & top with cheese. Cover and cook until the edges are set and the bottom is brown, 4-5 min.
- Transfer the pan to the oven & broil until the top of the frittata is just cooked, 2-3 min. Let cool slightly before serving, & enjoy!

Mexican Picadillo

YOU'LL NEED

- 2 tbsp. vegetable oil - divided
- 1 lb ground beef
- ½-1 onion - fine chop
- 2 ripe tomatoes - cored & chopped
- 2oz tomato paste optional - fry with ground beef
- 1 poblano chili & OR bell pepper - seeds removed, fine chop
- 3 garlic cloves - fine chop
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp freshly ground black pepper
- 1 tbs kosher salt - plus more
- 1-2 Yukon gold potato - peeled & chopped
- 2 C chicken or beef broth
- ¼ C chopped cilantro
- Corn or other veggies - optional

ALL YOU HAVE TO DO

- Heat 1 tbsp. oil in a large skillet over high. Cook beef, breaking up with a wooden spoon, until browned but not completely cooked through, 5-7 minutes. Transfer to a medium bowl with a slotted spoon.
- Reduce heat to medium and add remaining 1 Tbsp. oil to skillet. Cook onion, tomatoes, chili, garlic, cumin, coriander, pepper, and 1 Tbsp. salt, stirring, until tender but not browned, about 5 minutes. Return beef along with any juices to pan and add potato and stock. Bring to a simmer and cook, stirring and scraping up browned bits, until potato is tender and beef is cooked through, 20-25 minutes. Season with more salt if needed.
- Mix in cilantro just before serving. Serve alongside fresh pinto bean & Spanish rice - yum!

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