



SIMPLE, FRESH FARM BOX MEALS

APR 22, 2024

Simple recipes so we can eat well & support local agriculture

Baby Bok Choy Stir-Fry

YOU'LL NEED

Sauce

- 1 ½ tbs tamari
- 2 tbs rice vinegar
- 1 tsp fresh lime juice, plus extra lime slices for serving
- ½ tsp honey (or maple syrup if vegan)
- ½ tsp minced ginger
- 1-2 garlic clove - minced
- ½ tsp sesame oil

Stir Fry

- 1 tbs sunflower oil (any high-heat oil)
- 4 oz shiitake mushrooms - stems removed & sliced
- ½ head broccoli - florets chopped & stems peeled into strips
- 2 scallions - chopped
- 2 Baby Bok Choy - sliced vertically into quarters
- ½ C edamame
- 1-2 carrots - peeled into thin strips
- 4 oz brown rice pasta
- 2 tsp sesame seeds
- sriracha, for serving

ALL YOU HAVE TO DO

- Make the sauce by stirring together the tamari, rice vinegar, lime juice, honey, ginger, garlic, and sesame oil. Set aside.
- In a pot of salted boiling water, cook the noodles according to the package directions until al dente. Drain, rinse and set aside (or leave them in cold water or toss with a little oil to prevent clumping).
- Heat the oil in a large skillet over medium heat. Add the shiitake mushrooms and broccoli, stir to coat then let cook 1 to 2 minutes until the mushrooms begin to soften and the broccoli begins to brown. Give the pan a good shake and stir, then add the scallions, bok choy, and edamame. Cook, stirring occasionally for another 2 minutes, until the bok choy and broccoli are tender but still vibrant.
- Add the carrots and noodles and toss. Add the sauce, toss again. Add a squeeze of lime. Taste and adjust seasonings. Sprinkle with sesame seeds. Serve with extra lime slices and sambal or sriracha on the side

Hearty Greek-Style Eggplant & Chickpeas

YOU'LL NEED

- 1 ½ lb eggplant - cut into cubes
- Kosher salt
- EV Olive Oil
- 1 yellow onion - chopped
- 1 green bell pepper - diced
- 1-2 carrots - chopped
- 6 garlic cloves - minced
- 2 dry bay leaves
- 1-1 ½ tsp sweet paprika OR smoked paprika
- 1 tsp ground coriander
- 1 tsp dry oregano
- ¾ tsp ground cinnamon
- ½ tsp organic ground turmeric
- ½ tsp black pepper
- 1 (28oz) can chopped tomato
- 2 (15oz) cans chickpeas save the liquid
- Fresh herbs such as parsley and mint for garnish

ALL YOU HAVE TO DO

- Heat oven to 400°F.
- Place eggplant cubes in a colander over a large bowl or directly over your sink, and sprinkle with salt. Set aside for 20 minutes or so to allow eggplant to sweat. Rinse and pat dry.
- In a large braising pan, heat ¼ cup extra virgin olive oil over medium-high until shimmering but not smoking. Add onions, peppers, and chopped carrot. Cook for 2-3 minutes, stirring regularly, then add garlic, bay leaf, spices, and a dash of salt. Cook another minute, stirring until fragrant.
- Now add eggplant, chopped tomato, chickpeas, and reserved chickpea liquid. Stir to combine.
- Bring to a rolling boil for 10 minutes or so. Stir often. Remove from stove top, cover and transfer to oven.
- Cook in oven for 45 minutes until eggplant is fully cooked through to very tender. (While eggplant is braising, be sure to check once or twice to see if more liquid is needed. If so, remove from oven briefly and stir in about ½ cup of water at a time.)
- When eggplant is ready, remove from oven and add a generous drizzle of Extra Virgin Olive Oil, garnish with fresh herbs (parsley or mint). Serve with a side of Greek yogurt or even Tzatziki sauce and pita bread.

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