



# SIMPLE, FRESH FARM BOX MEALS

MAY 6, 2024

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

## Sautéed Fava Beans

### YOU'LL NEED

- 1 lb fresh fava beans - shuck
- 2 tbs olive oil
- 1 shallot - finely diced
- pepper
- 1/8 C veggie or chicken broth
- Zest & juice from 1 lemon
- salt to taste
- Fresh cracked black pepper - optional
- fresh mint OR Italian parsley
- Ricotta Salata- or sub pecorino
- Drizzle of olive oil

### ALL YOU HAVE TO DO

- Shuck the fava beans.
- Bring a small pot of salted water to a boil, blanch fava beans for 15- 20 seconds, drain & place in ice water.
- Remove tough outer peel of the large & medium-sized fava beans, leaving the tiny beans as they are. You should end up w/ about 2 cups. (Allow 20 minutes for this) Tip: you could do this ahead & refrigerate until close to serving time.
- In a skillet, heat 2 tablespoons olive oil, over med/heat. Add the shallot & pepper & sauté 3-4 mins, lowering heat to medium-low- cooking until shallots are tender & golden.
- Add fava beans & sauté 1 minute. Add broth & bring to gentle simmer for 3-4 min, until fava beans are just tender. Season w/lemon zest, a squeeze of lemon juice & salt to taste. Balance the lemon & salt to your liking.
- Finish the dish w/freshly torn mint leaves & shaved cheese. Serve warm or at room temp.

## Rustic Cucumber & Tomato Salad

### YOU'LL NEED

#### Veggies:

- 5 vine ripe tomatoes
- 1 pinch brown sugar
- 1-2 cucumbers (depending on size) - hot house or English
- ½ red onion
- 2 tbsp Italian parsley - chopped
- 2 tbsp cilantro - chopped
- 1 pinch kosher salt
- 1 pinch black pepper

#### Dressing:

- ½ C EV olive oil (higher quality is best for this recipe)
- 1/4 C red wine vinegar
- Fresh ground black pepper to taste
- 1 tsp kosher salt
- 2 garlic cloves - pressed
- 1 tsp brown sugar
- 1 tsp dried oregano

### ALL YOU HAVE TO DO

- Core tomatoes, cut into 6-8 wedges, then cut each wedge in half. Place the tomatoes into a large bowl, sprinkle with a pinch of brown sugar, salt, & pepper, & toss really well.
- Cut the cucumber in half lengthwise, then slice it into ¼ inch thick slices. Add the cucumbers to the tomatoes.
- Slice half the red the onion into very thin slivers crosswise. Then cut the slivers in half, or leave as is, depending on your preference. Add to cucumbers & tomatoes. Add the chopped parsley & cilantro.
- To prepare the dressing, throw all of the dressing ingredients into a small bowl & whisk together vigorously, until well blended.
- Pour the dressing over the vegetables & toss gently using both hands. Cover the bowl with plastic & let sit at room temperature until ready to serve, for 1 to 6 hours. This will allow the flavors to meld together.

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