

VEG BOX CONTENTS & RECIPES FOR WEEK COMMENCING 27TH JUNE 2022



EAT LOCAL • LIVE BETTER

VEG BOX CONTENTS

BOX SIZE & CONTENTS	SMALL BOX	MEDIUM BOX	LARGE BOX	WHERE IT IS GROWN	STORAGE INSTRUCTIONS
LOCAL RASPBERRIES	√	√	√	Goodnestone	Refrigerate
DONUT PEACHES	√	√	√	Spain	Room temperature
SICILIAN LEMONS	√	√	√	Sicily	Room temperature
KENT NEW POTATOES	√	√	√	Birchington	Cool, dark place
LOCAL OAKLEAF LETTUCE	√	√	√	West Malling	Refrigerate
LOCAL PLUM VINE TOMATOES	√	√	√	Thanet	Refrigerate
LOCAL BROCCOLI	√	√	√	Canterbury	Refrigerate
ENGLISH BUNCHED CARROTS	√	√	√	Lincs.	Refrigerate
LOCAL BROAD BEANS	X	√	√	Thanet	Refrigerate
AUBERGINE	X	√	√	Spain	Refrigerate
ORANGE BELL PEPPERS	X	X	√	Spain	Refrigerate
NAKED CUCUMBER	X	X	√	Lincs.	Refrigerate

This week's savoury recipe 1

POTATO CURRY WITH PEAS & CARROTS

Ingredients – serves 4

2 tablespoons olive oil
1 tablespoon hot curry powder
2 cloves garlic, minced
2 large onions, thinly sliced
8 ounces carrots, thinly sliced
1 and ¼ cups frozen peas
1 teaspoon ground coriander
1 teaspoon turmeric
500g new potatoes,
cut into 1" chunks
1 can coconut milk
1 cup (or more as needed) water



Method

In a large, heavy-bottomed pan heat the oil over medium heat. When hot, add the hot curry powder and stir it around for 30 seconds. Add the onions to the pan and sauté until they are tender and a bit golden. When you're there, add the carrots, potatoes and minced garlic.

Give it all a good stir, and then add about a half cup each of water and coconut milk. Stir in the turmeric, salt, and coriander. Reduce the heat to low and cover it. Check every so often to stir the pot and check the moisture level.

When the moisture is almost all absorbed, add more coconut milk and water, in equal parts. Continue to cook, stir and add liquid until the vegetables are very tender and the curry is nice and thick. At this point, taste it to check that the spice levels are where you like them.

When you're there, stir in the peas and the rest of the coconut milk (and water if necessary), and cook it for another 3 minutes or so until the peas are heated through and the curry thickens up again. Serve over rice.

This week's savoury recipe 2

ONE-POT BROCCOLI MAC AND CHEESE

Ingredients, serves 6

- 4 tbsp butter
- 4 tbsp flour
- 2 cups milk
- 2 cups single cream
- 2 cups stock
- 12oz macaroni
- 1 medium broccoli in florets
- 4 cups cheddar cheese or similar



Method

Shred the cheese and set aside. It should be near room temperature when added to the pasta.

Melt the butter in a large saucepan over medium heat. Gradually whisk in the flour. Continue to whisk for about 3 minutes, until it turns golden.

Slowly add cream and milk a bit at a time, whisking as you do so. Add chicken broth and optional seasonings.

Bring to a boil and stir in the pasta. Reduce heat to a gentle bubble. Stir occasionally, uncovered, for about 7 minutes. Add broccoli and stir to combine. Cover and cook for 4 more minutes or until pasta is cooked through. Remove from heat. Gradually sprinkle in the shredded cheddar. Use a silicone spatula to gently combine as you do so. Serve!

This week's savoury recipe 3

BUTTERY NEW POTATOES WITH BROAD BEANS & LEMON

Ingredients – Serves 4-6

800g new potatoes
Good glug of olive oil
200g podded broad beans
Zest of 1 lemon
Large knob of butter
Mint leaves (optional)



Method

Heat the oven to 200°C/180°C fan/gas 6. Tear off a square of non-stick baking paper and put on a baking tray. Halve the potatoes and put in the centre of the paper, drizzle with a glug of olive oil and season with salt and pepper. Fold the paper over the potatoes, then neatly crimp the edges to seal. Roast for 30 minutes until tender.

Meanwhile, boil a pan of water and add the broad beans. Cook for 3 minutes, drain and refresh under cold water, then skin if you like. At the end of the potato cooking time, open up the parcel and toss the beans into the potatoes with a large handful of fresh mint leaves (optional), a grating of lemon zest and a large knob of butter. Taste, season and serve.

This week's savoury recipe 4

RUSTIC AUBERGINE MOUSSAKA

Ingredients – Serves 4

1 aubergine
300ml vegetable stock
1 bay leaf
2 tbsp olive oil
1 small onion sliced
1 clove garlic minced
200g canned chickpeas drained and rinsed
200g canned chopped tomatoes
1 tbsp water
1 tsp dried oregano
2 tsp dried thyme
1 tbsp tomato puree

Topping

1 egg
2 tbsp parmesan cheese, grated
½ cup natural or greek yogurt
¼ tsp grated nutmeg
salt and pepper to taste



Method

Preheat oven to 180C/350F/G4

Slice the aubergine into rounds approximately 0.5cm/1/4" wide and layer in a colander with salt for 30 mins, then rinse and pat dry. Bring the vegetable stock along with the bay leaf to the boil, then lower heat and simmer for 20 minutes and then drain them.

Sauté the onion and garlic in 1 tbsp of the olive oil for 5 minutes.

Add the chickpeas, tomato puree, tinned tomatoes, oregano, thyme and water – bring to the boil then lower heat and simmer for 10 minutes. Season the mix with salt and pepper and set aside.

Fry the aubergine slices in the remaining tablespoon of oil for 5 minutes, flipping after 3 minutes. In an oven proof dish layer the aubergine slices with the vegetable mixture.

Make the creamy topping by beating together the egg, parmesan cheese, yoghurt and nutmeg. Season to taste. Sprinkle with remaining cheese and a little oregano. Spoon the creamy topping over the moussaka and pop the dish into the oven for 45 minutes or until golden on top.

This week's sweet recipe 1

RASPBERRY COCONUT MACAROONS

Ingredients – Serves 4

400g sweetened, flaked coconut
130g granulated sugar
3 large egg whites
½ tsp. flaked sea salt/table salt
½ tsp. almond extract
125g fresh raspberries



Method

Preheat oven to 325F. Line two large baking sheets with parchment paper.

In a food processor, blend the coconut for a minute. Add the sugar, blend another minute. Add the egg whites, salt and almond extract and blend for another minute.

Add the raspberries and pulse machine on and off in short bursts until they are largely, but not fully, broken down (around 12 pulses). Some visible flecks of raspberry is important. When you open the machine, you'll see some parts of the batter that are still fully white while others are fully pink. This is perfect.

With a tablespoon scoop the batter into 1 inch mounds. You can arrange the cookies fairly close together as they don't spread, just puff a bit. Scooping a little of the pink batter and a little of the white batter together adds to the marble effect.

Bake your cookies for 25 to 30 minutes, until they look a little toasted on top. Let them rest on the tray for at least 10 minutes after baking. They'll firm up as they cool, but still remain softer and less dry inside than traditional macaroons.

This week's sweet recipe 2

HEALTHY SUGAR-FREE RASPBERRY MUFFINS

Ingredients - Makes 12

STORAGE: Airtight container for 5 days

1¾ cup whole or white flour
1½ teaspoon baking powder
½ teaspoon ground cinnamon (optional)
2 free range eggs
1 cup milk of your choice
1 3rd of vegetable oil of your choice
½ cup honey or liquid sweetener of your choice
½ teaspoon Vanilla extract (optional)
1 cup frozen raspberries
Icing sugar to dust (optional)



Method

(Pre-freeze your raspberries on a baking sheet for at least 3 hours).

Preheat the oven at 350 F (180 C). Spray a muffin tray with oil and set aside.

In a large mixing bowl, combine the wholemeal flour, baking powder and ground cinnamon.

In another bowl, whisk the eggs with milk, oil, honey and vanilla extract. Combine the wet ingredients with the dry ingredients. Stir until a muffin batter forms with no lumps.

Stir in the frozen raspberries. Fill the muffin tray with the muffin batter. Fill up to ¾. Bake for 15 minutes or until golden brown on the sides.

Cool down for a few minutes on the tray then transfer to a cookie rack to fully cool down. Dust with icing sugar (optional).