**![Logo

Description automatically generated with medium confidence]()**A white van parked outside a building

Description automatically generated with medium confidence

**THINK VEG BOX • THINK AUSTEN’S PREMIUM**

**D3 SPECTRUM BUSINESS CENTRE**

**ANTHONY’S WAY**

**ROCHESTER ME2 4NP**

**T: 01634 816100**

**E: contact@austensgroup.com**

**W: www.austensgroup.com**



VEG BOX CONTENTS & RECIPES FOR WEEK COMMENCING 15TH APRIL 2024

E A T L O C A L ⋅ L I V E B E T T E R

VEG BOX CONTENTS

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  | | **BOX SIZE &**  **CONTENTS** | **SMALL**  **BOX** | **MEDIUM**  **BOX** | **LARGE**  **BOX** | **WHERE IT IS GROWN** | **STORAGE INSTRUCTIONS** | | **LOCAL BRAEBURN APPLES** | **√** | **√** | **√** | COXHEATH | ROOM TEMPERATURE | | **WHITE GRAPES** | **√** | **√** | **√** | SPAIN | REFRIGERATE | | **ORANGES** | **√** | **√** | **√** | SPAIN | ROOM TEMPERATURE | | **LOCAL MARIS PIPER POTATOES** | **√** | **√** | **√** | BIRCHINGTON | COOL, DRY PLACE | | **LOCAL CAULIFLOWER** | **√** | **√** | **√** | THANET | REFRIGERATE | | **ENGLISH LEEKS** | **√** | **√** | **√** | LANCS | REFRIGERATE | | **BROCCOLI** | **√** | **√** | **√** | SPAIN | REFRIGERATE | | **ENGLISH LOOSE CARROTS** | **√** | **√** | **√** | LINCS | REFRIGERATE | | **LOCAL BABY SPINACH** | X | **√** | **√** | WEST MALLING | REFRIGERATE | | **LOCAL SPRING GREENS** | X | **√** | **√** | CANTERBURY | REFRIGERATE | | **LOCAL PLUM VINE TOMATOES** | X | X | **√** | THANET | REFRIGERATE | | **RADISH** | X | X | **√** | SPAIN | REFRIGERATE | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  | | --- | --- | --- | --- | | LEEK & CAULIFLOWER GRATIN | | | | |  | | | | |  | | | | |  |  |  |  | | Moderate | 60 minutes | Side | 04 Servings | |  |  |  |  |  |  |  |  | | --- | --- | --- | | **Ingredients**  1 cauliflower, sliced into steaks  4 tablespoons butter  2-3 Leeks, halved-sliced and washed  2 cloves garlic, sliced  4 tablespoons plain flour  1½ cups double cream  1½ cups vegetable stock  1 teaspoon sea salt  ½ teaspoon white Pepper  ½ teaspoon grated nutmeg + more for sprinkling  1 cup cheddar/gruyere cheese, shredded  ¼ cup parmesan  cauliflower and leek gratin fresh from the oven. |  | **Cooking Steps**  Preheat the oven to 425˚F.  Slice the cauliflower and arrange the steaks in a 9x13 baking pan. Drizzle some olive oil over the steaks and season them with salt and black pepper. Roast the steaks in the preheated oven for 20-25 minutes, or until they begin to brown slightly.  While the cauliflower is roasting, in a medium saucepan heated over medium heat, melt the butter and cook the leeks until soft, about 10 minutes. Add in the garlic and cook 30-45 seconds more. Whisk in the flour to form a roux, cook for about 1 minute. Whisk the cream, stock, salt, pepper and nutmeg in and bring the mixture to a simmer. Simmer 2-3 minutes, stirring often, until thick. Stir in the cheddar/gruyere and parmesan, reserving a handful of cheddar/gruyere for the top.  Remove the roasted cauliflower from the oven and pour the sauce over the top. Finish with the reserved cheese and return the pan to the oven for 10-15 minutes longer. When the gratin is bubbling and has browned slightly on top, it is done. Remove it from the oven and let it rest for 10 minutes before serving. Top with a sprinkle of salt and more nutmeg. |  |  |  |  |  | | --- | --- | --- | --- | | ONE POT BROCCOLI CHEESE PASTA | | | | |  | | | | |  | | | | |  |  |  |  | | Moderate | 45 Minutes | Lunch/Main | 04-06 Servings | |  |  |  |  |  |  |  |  | | --- | --- | --- | | **Ingredients**  one tbsp extra virgin olive oil  one small onion, chopped  two cloves garlic, minced  400g fusilli pasta  one medium broccoli, cut into small florets  3½ cups water  2 cups whole milk, or half cream and half milk  sea salt  freshly ground black pepper  pinch of red pepper flakes  two cups shredded cheddar  ½ cup parmesan  one pot creamy broccoli cheese pasta |  | **Cooking Steps**  In a large pot over a medium heat, heat the oil. Add the onions and cook them until soft stirring regularly, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute more.  Add the pasta and broccoli, then stir in the water and milk. Season with salt, pepper and red pepper flakes. Bring to a boil, reduce the heat and let simmer, stirring occasionally, until the pasta is al dente, 12 to 14 minutes.  Add cheeses and stir until melted. | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  | | --- | --- | --- | --- | | CHICKEN, CARROT & POTATO CASSEROLE | | | | |  | | | | |  | | | | |  |  |  |  | | Moderate | 90 minutes | Main | 04-06 Servings | |  |  |  |  |  |  |  |  | | --- | --- | --- | | **Ingredients**  1 tbsp olive oil  1.5 kg skin on chicken thighs and  drumsticks (6 to 8 pieces)  salt and pepper  2 onions , halved and cut into wedges  2 garlic cloves , minced  3 large carrots , cut thick end into 1.5cm pieces  125 ml white wine (or water)  35g flour  750 ml vegetable stock  2 tbsp tomato paste  2 tsp worcester sauce  three sprigs thyme or 1 tsp dried thyme  2 bay leaves  600g potatoes , halved (quarter large ones) |  | **Cooking Steps**  Preheat oven to 180C/350F.  Heat oil in a large pot over high heat. Brown chicken on both sides until light golden, sprinkling with salt and pepper. Remove from pot. (Do in 2 batches if pot not big enough).  If there's too much oil in the pot, discard some. Add onion and garlic. Cook for 2 minutes until onion is translucent. Add carrots and cook for 1 minute.  Add wine. Stir, scraping the bottom of the pan to dissolve the brown bits into the liquid. Cook for 1 minute until liquid is mostly gone. Sprinkle flour across surface, stir.  Add stock, tomato paste, worcester sauce, thyme and bay leaves. Stir to dissolve tomato paste. Place chicken on top, keeping the skin above the liquid level as much as you can. Bring to simmer then cover. Bake for 45 minutes.  Remove from oven, remove lid. Add potatoes, pushing them into the liquid and rearranging chicken so they sit on top (for lovely crispy skin).  Return to oven without the lid for a further 40 minutes until the chicken skin is deep golden and super crispy, the potatoes are soft and the sauce is thickened.  Taste sauce and adjust salt and pepper to taste. Serve with warm crusty bread on the side. | | Chicken Stew |  |  |  |  |  |  | | --- | --- | --- | --- | | SPRING GREEN SPANAKOPITA | | | | |  |  |  |  | | Moderate | 110 minutes | Lunch/Main | Serves 06 | |  |  |  |  |  |  |  |  | | --- | --- | --- | | **Ingredients**  2 tablespoons olive oil  250g leeks, chopped  4 cups spring greens  250g feta cheese, crumbled  ½ teaspoon sea salt  ½ teaspoon black pepper  225g filo pastry  ½ cup olive oil  A stack of 3 slices of spanakopita. |  | **Cooking Steps**  Chop the spinach and the leeks. Transfer the olive oil and the leeks to a large pot and saute over medium-high heat, stirring occasionally, until the leeks are soft, glossy and translucent. Add the spinach and stir until it wilts down. Reduce the heat to a gentle simmer and cook until all the excess moisture is evaporated. This will prevent a soggy bottom.  Remove the pot from the heat and let it cool down for a few minutes. Add the crumbled feta cheese, the freshly grated black pepper and a pinch of salt. Mix to combine, taste and adjust the salt and the pepper if needed.  Preheat your oven to 375 °F (190 °C)  Grease your baking dish with olive oil and cover it with the two thirds of the filo pastry, brushing each sheet of filo dough with olive oil and making sure that the sheets overlap the dish. It's best to arrange the sheets ruffled, as this traps air and makes them crispier after baking. Fill the pie with the spinach and feta filling and level the surface with a spatula.  Fold inwards the overlapping filo filo sheets and cover the pie with the remaining filo, greasing each layer with olive oil. Tuck the surface filo between the pie and the edges of the pan.  Score the top layer with a sharp knife (don't go all the way down) and lightly sprinkle the surface of the pie with 2 tablespoons of water (this makes for a crispier crust). Bake in the oven until golden brown. Bake in the lower rack of your oven for 60 minutes or until golden brown on top. Let it cool for 30 minutes before cutting into pieces. |  |  |  |  |  | | --- | --- | --- | --- | | STUFFED BAKED APPLES | | | | |  | | | | |  | | | | |  |  |  |  | | Moderate | 60 minutes | Dessert | 06 servings | |  |  |  |  |  |  |  |  | | --- | --- | --- | | **Ingredients**  480ml apple cider or apple juice  45ml maple syrup  10ml coconut or olive oil  pinch of sea salt  3 braeburn apples, halved and cored  with a melon baller  28g chopped dried fruit such as raisins, dates, figs and apricots  14g chopped nuts such as pecans and walnuts  A dish of baked apples with brown sauce  Description automatically generated |  | **Cooking Steps**  Pre-heat oven to 375° F.  Pour cider or apple juice into a small saucepan and bring to a simmer. Simmer gently over low heat for about 10 minutes (the cider should be reduced almost by half). Whisk in maple syrup, coconut/olive oil and a pinch of sea salt (the mixture should be syrupy at this point).  Place the cored apple halves in a low sided baking dish (the apples should fit snuggly). Spoon chopped dried fruit and nuts loosely into the centre of the cored apples. Pour cider caramel mixture onto and into the centres of the apples, filling up each half and pouring the remaining sauce into the bottom of the baking dish.  Place baking dish in the oven, and bake for 30 to 50 minutes, basting the apples every 15 minutes with cider mixture in the bottom of the dish (adding more apple cider to the bottom of the pan as needed if the syrup looks like it’s about to dry out). Test for doneness by inserting a skewer or sharp knife into the apples, the apples should be soft enough to eat with a spoon but not totally collapsed.  Serve the apples warm with leftover cider caramel syrup from the bottom of the pan spooned over. | |

|  |  |  |  |
| --- | --- | --- | --- |
| BANANA FRENCH TOAST | | | |
|  | | | |
|  | | | |
|  |  |  |  |
| Moderate | 20 minutes | Dessert | 04 Servings |
|  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Ingredients**  ½ cup butter, divided  ½ cup plus 2 tbsp brown sugar, divided  ¼ cup rum (optional)  4 bananas, sliced into 1/4-inch pieces  ¾ cup milk  4 large eggs, beaten  ½ teaspoon vanilla extract  8 slices white bread  ½ cup whipped cream (optional) |  | **Cooking Steps**  Heat half of butter in a medium non-stick pan until melted, add ½ cup brown sugar and rum and stir until sugar has begun to melt. Add sliced bananas and turn heat down to low. Cook, stirring occasionally until bananas are cooked and coated in the sugar mixture, about 3 minutes. Remove from heat.  In a shallow dish whisk together milk, eggs, remaining 2 tablespoons brown sugar, and vanilla extract. In a large pam melt 2 tablespoons butter over medium high heat. Dip 4 slices of bread in the milk and egg mixture making sure both sides are coated and the bread has begun to saturate, then place in the pan. Cook swirling gently, until browned, about 3 minutes. Flip and continue to cook until browned on second side, 2 to 3 minutes longer. Transfer to a warm serving platter. Repeat with remaining bread and batter.  Divide toast between 4 plates, then top each plate with banana mixture and whipped cream if desired. |

A black background with green and red text

Description automatically generated with low confidence