



5 Night Spring Box For 4

Five nights of delicious nutritious and easy evening meals for 4 to make your life easier.

- **Chicken with lemon and tarragon sauce**
- **Tender stem broccoli with feta and cherry tomatoes**
- **Fresh pea, leek and dill torte**
- **Asparagus tagliatelle**
- **Sausage, jersey royal and apple tray bake**

DAY ONE

CHICKEN WITH LEMON AND TARRAGON SAUCE

- 4 chicken legs
- 2 shallots, finely diced
- 1 tablespoon tarragon leaves, chopped
- 500g Jersey Royals
- 50g butter
- 1 clove garlic, finely diced
- 1 tub crème fraiche
- Green beans

Preheat oven to 200C. Melt 25g butter in a heavy bottomed pan and brown the chicken legs on both sides. Place on a baking tray and cook in the oven for 20-30 minutes, checking they are fully cooked. Add the rest of the butter to the pan and soften the shallots, then add the garlic. Add two tablespoons of tarragon, finely chopped, then stir in the crème fraiche. Add the juice and zest of the lemon and stir until everything is warmed through and bubbling nicely. Pour the sauce over the chicken legs and serve with Jersey Royals and green beans.

DAY TWO

TENDER STEM BROCCOLI WITH FETA AND CHERRY TOMATOES

- 1 bag tender stem broccoli
- 2 red onions
- Basil
- 1 bunch cherry tomatoes on the vine
- 1 lemon
- Orzo
- 2 blocks feta

Preheat oven to 200C. Cut the tender stem into manageable stalks. On a baking tray, lay out the broccoli, the cherry tomatoes, red onions cut into 8 wedges. Tuck slices of the lemon amongst the vegetables, then break the feta into big chunks and scatter it over. Bake for 25 minutes until the broccoli is nicely charred, the tomatoes soft and the feta melted. Scatter over basil and serve on a bed of orzo.

DAY THREE

FRESH PEA, LEEK AND DILL TORTE

- 1 bag fresh peas, podded
- 2 leeks, thinly sliced
- 100g double cream
- 1 tablespoon of chopped dill
- 50g butter
- 100g ricotta
- 100g grated parmesan
- 6 eggs

Preheat oven to 200C. Grease and line a 23cm springform tin. Melt the butter in a frying pan. Add the leeks and sauté until softened. Add the peas, then add in two tablespoons of water and cook until the peas are soft but still firm to the bite. In a bowl, mix together the ricotta, double cream, parmesan, dill and egg yolks, then fold in the pea mixture. In a separate bowl, whisk the egg whites until they are stiff, then fold them in gently too. Tip into the tin, smooth over the top and bake for 30 minutes or until a skewer comes out clean. Serve with green salad.

DAY FOUR

ASPARAGUS TAGLIATELLE

- 400g tagliatelle
- 2 shallots, finely diced
- 2 bunches asparagus
- 1 tub crème fraiche
- 1 lemon

Cook the tagliatelle according to the packet.

Snap the woody stalks off the asparagus, then slice into three, leaving the tips whole. Blanche the asparagus for two minutes in a pan of boiling water and drain. Melt the butter and sweat the shallots. Add in the asparagus and cook until tender to the bite. Stir in the crème fraiche and add the zest of the lemon and one tablespoon of the juice. Add sea salt and black pepper to taste. Stir the sauce through the pasta.

DAY FIVE

SAUSAGE, JERSEY ROYAL AND APPLE TRAY BAKE

- 8 sausages
- 2 red onions, quartered
- Bunch of thyme
- 500g Jersey Royals, scrubbed and halved if they are big
- 2 apples, quartered
- 50g butter, melted

Preheat oven to 200C. Parboil the potatoes until they are tender but not quite done. Arrange all the ingredients on an oven proof tray, scattering over the thyme and drizzling over the melted butter, stirring until everything is nicely coated. Add sea salt and black pepper to taste. Bake in the oven until the sausages are cooked through, the potatoes are crisping, and the onions and apples are caramelised.



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