



Recipe
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5-Nighter Box

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

- **Roast chicken, cauliflower cheese, jacket potatoes, Roasted plums (Chicken stock made from chicken bones)**
- **Leek risotto, Our custard tarts**
- **Sausages and mash with onion gravy and greens, Baked bananas**
- **Spaghetti Bolognese, Rhubarb fool**
- **Broccoli, cherry tomato and feta rigatoni, Our brownie tray bake**

The recipes for the above are all below. Ingredients with a * indicate things you should have in your store cupboard like olive oil, flour or sugar.

DAY ONE

ROAST CHICKEN: Drizzle chicken with olive oil* and sprinkle with salt. Half the lemon, squeeze juice over the chicken and insert lemon halves into the cavity. Roast for one hour and twenty minutes at 200C until the juices run clear. Leave to rest for 10 minutes before carving.

JACKET POTATOES: Prick the skin of the potatoes, cover with olive oil* and salt and bake for 1 hour with the chicken.

CAULIFLOWER CHEESE: Divide the cauliflower into florets and put into a pan of cold water. Bring to the boil, cook for 5 minutes, and then drain thoroughly. Put 500ml of milk, 50g butter and 4 tablespoons of plain flour in saucepan. Heat gently until the butter is melted. Keep stirring until the sauce thickens nicely with no lumps. Add 100g of grated cheese and stir until melted. Place cauliflower in an ovenproof dish and pour over sauce. Sprinkle with extra cheese. Cook in the oven at 200C for twenty minutes until brown and bubbling.

ROASTED PLUMS: Halve and stone the plums. Put in an ovenproof dish and sprinkle with brown sugar*. Bake for 20 at 200C minutes in the oven until soft.

MAKE A CHICKEN STOCK WITH THE CARCASS – ADD TO A LARGE PAN WITH 2 LITRES OF WATER, 1 ONION, 2 CARROTS, BAYLEAF* AND PEPPERCORNS*. SIMMER FOR TWO HOURS, SKIMMING THE SURFACE WHEN NECESSARY. YOU SHOULD BE LEFT ENOUGH STOCK TO MAKE THE RISOTTO AND ONION GRAVY.

DAY TWO

LEEK RISOTTO: Melt 100g butter in a frying pan and add 4 finely sliced leeks. Cook for ten minutes until the leeks are soft but not too brown. Measure out 500ml chicken stock in a jug and add enough hot water to make up a litre. Add 400g Arborio rice to the pan and stir to coat thoroughly. Add salt to taste. Then add the hot stock a ladle at a time until the liquid is absorbed. Continue until the rice is cooked but still firm to the bite – about 20 minutes. If you run out of stock, add hot water. Scatter with chopped fresh parsley and lemon zest.

DAY THREE

SAUSAGES: Cook at 200c for fifteen – twenty minutes, turning halfway.

MASH: Cook potatoes until tender then mash adding 50g butter and warm milk

ONION GRAVY: Melt 100g butter in a saucepan and add one large finely sliced onion. Cook until softened – at least ten minutes. Add two teaspoons of brown sugar*. Add one tablespoon of flour and cook gently for two minutes. Heat the stock and add to the onion mixture gradually, stirring to remove any lumps. Leave to simmer until thickened.

BAKED BANANAS: Slice the bananas lengthwise to open but don't cut all the way through. Scatter with a spoonful of brown sugar or drizzle with honey, or push pieces of chocolate inside. Place on a foil-lined tray and bake at 200C for 20 minutes in the oven until soft.

DAY FOUR

BOLOGNESE: Heat one tablespoon of olive oil. Chop one onion finely and soften. Add two sliced carrots, one diced clove of garlic, a chopped red pepper and the sliced mushrooms and cook for a few minutes until all nicely softened. Add the mince and stir until it's all browned. Drain off any surplus fat then add one tin of chopped tomatoes*, one tablespoon of tomato puree*, one tablespoon of Worcestershire sauce* and 500ml of stock – made from a stock cube if you have none fresh left. Simmer for thirty minutes and serve on a bed of spaghetti.

RHUBARB FOOL: Slice rhubarb into 2cm chunks and add to a pan with 75g brown sugar* and 75ml water. Heat gently and simmer for five minutes until the rhubarb is soft. Leave to cool. Whip the cream into soft peaks and stir the rhubarb through it.

DAY FIVE

BROCCOLI, CHERRY TOMATO AND FETA PASTA: Bring a pan of salted water to the boil, add pasta and boil for ten minutes. Heat one tablespoon olive oil and add a chopped onion. Soften. Add halved cherry tomatoes and cook gently. Divide broccoli into small florets and add to the tomatoes. Remove a cup of water from the pasta and add to the pan, putting on a lid and cooking for five minutes. Finely chop the feta and stir through. Drain the pasta, stir through the tomato and broccoli sauce and scatter with finely chopped parsley.



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