



5-Night Veggie Box for two

Five nights of delicious nutritious and easy evening meals for 2 to make your life easier.

- **Butternut squash and sage risotto**
- **Mushroom Stroganoff**
- **Green shakshuka – eggs baked in leek and spinach**
- **Roasted red peppers with orzo**
- **Aubergine and sweet potato tagine**

NOTE: we have not included olive oil, stock cubes or tinned tomatoes in the box. We do, however, have olive oil and bouillon mix that you can add to your order if you wish

BUTTERNUT SQUASH AND SAGE RISOTTO

- 1 butternut squash
- 1 pack sage
- 1 tablespoon olive oil
- 25g butter
- 1 onion
- 200g Arborio rice
- One glass of white wine, optional*
- 1 litre of vegetable stock*

Pre-heat oven to 200c. Peel the butternut squash, cut into dice and put into a baking dish. Drizzle with the olive oil and mix well. Add sea salt to taste. Pick the leaves off two stalks of sage and chop finely, then scatter over the squash. Roast for 30 minutes until soft. Make up the vegetable stock in a jug with hot water. Melt the butter in a saucepan or frying pan, add the onion and soften for about five minutes. Pour in the rice and stir well until the grains are coated and start to look a little see-through. At this point, you can start by adding a glass of wine to the rice if you want a little extra luxury. Stir until the wine has evaporated. Then add the hot stock, a ladleful at a time, stirring the risotto until each ladleful has been absorbed. Keep going until the rice is al dente – up to 30 minutes. The final result shouldn't be too dry, but creamy. Stir through the cooked butternut squash and add some more chopped sage. Season with salt and black pepper to taste.

MUSHROOM STROGANOFF

- 50g butter
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 teaspoons paprika
- 2 field mushrooms, halved and thinly sliced
- 250g chestnut mushrooms, thinly sliced
- 100 ml vegetable stock*
- 100 ml crème fraiche
- Handful of parsley

Melt the butter. Add the onion and soften for three minutes, then add the garlic and paprika. Add in the mushrooms, stirring until they are coated in the butter and start to soften – about 5 minutes. Add the vegetable stock and cook the mushrooms through for another five minutes. Stir in the crème fraiche. Scatter over a handful of chopped parsley and serve on a bed of rice with salad on the side.

GREEN SHAKSHUKA

- 50g butter (or olive oil if you prefer)
- 1kg leeks, thinly sliced
- 2 cloves garlic, chopped
- 1 green chilli
- 1 bag spinach
- Handful of mint, chopped
- 4 eggs
- 1 avocado, halved and sliced

Melt the butter in a large frying pan. Add the leeks and cook gently for about ten minutes until they are nicely soft. Add the garlic and chilli, then add the bag of spinach and cook till wilted. Stir in the chopped mint. Make four indentations with the back of a wooden spoon, then crack one egg into each. Keeping the heat low, cook the eggs until the whites are thoroughly set – about 10 mins. Sprinkle with extra mint and serve with the avocado and warmed flatbreads.

ROASTED RED PEPPERS WITH ORZO

- 2 red peppers
- 2 tablespoons olive oil*
- 150g orzo
- 1 onion, finely diced
- 1 yellow pepper, finely diced
- 250g cherry tomatoes, halved
- 100g sheep cheese
- Handful of parsley
- Pre-heat oven to 200c.

Slice the red peppers down the middle, removing the stalk and seeds. Place on an ovenproof baking sheet, drizzle over one tablespoon of the olive oil, season with salt to taste, then roast in the oven for about 25 minutes until the peppers are tender. Cook the orzo according to the packet (about 8 minutes). Heat the other tablespoon of oil and soften the onion. Add the yellow pepper and cook until softened. Add in the cherry tomatoes and cook until they start to blister. Stir in the orzo and mix well. Remove the peppers from the oven and fill with the orzo mixture. Sprinkle over the sheep's cheese. Return to the oven until the cheese starts to melt. Sprinkle over a handful of parsley.

AUBERGINE AND SWEET POTATO TAGINE

- 1 BOOM tagine mix – instructions for this meal are on the box
- 1 aubergine
- 1 large sweet potato
- 3 tablespoons olive oil*
- 1 onion
- 2 cloves garlic
- 1 tin tomatoes* (not included)
- 100 ml water
- 1 handful dried apricots



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