



Recipe
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Our Family Kitchen

LocalFarmBox is a family business - and what a big, extended, multi-generational family we are! We love cooking and eating together using our own produce, so each month we are going to share with you what we are rustling up in Our Family Kitchen. There will be seasonal recipes, from quick and easy meals for families on the go to more elaborate weekend feasts.

We like to eat healthily but we love a few indulgent treats as well, from zingy breakfast smoothies to spicy vegetarian chilli to a glorious strawberry Eton Mess with Devon clotted cream.

We've got it all covered so you can indulge too.

And all at the click of a button or two, via our easy to navigate website, for next day delivery!



localfarmbox.co.uk

WE LOVE MEXICAN FOOD

We love Mexican food in Our Family Kitchen – so we wanted to share a box of joyful, sunny and spicy food to lift your spirits.

Guacamole is a great sharing snack: mash two avocados up with three finely sliced spring onions, the juice of half a lime, two finely chopped skinned tomatoes, sea salt and chopped coriander. Scoop up with corn chips.

Vegetable chilli is perfect on rice, in a jacket potato, in tacos or on nachos smothered in grated cheese, more guacamole and sour cream. Fry a red onion, two cloves of garlic and a red chilli in some olive oil. Add red pepper and cook till soft. Add 200g button mushrooms and a tin of chopped tomatoes and a tin of red kidney beans. Season and simmer for twenty minutes.

Mexican slaw packs a punch on the side. Mix half a sliced white cabbage, three grated carrots, one diced yellow pepper and 6 thinly sliced radishes. Add half a chopped red onion to a cup of apple cider vinegar, handful chopped coriander, quarter cup of olive oil, juice of one lime, two teaspoons toasted cumin seeds and sea salt to taste.

Shake up and pour over the slaw.

Please take photos of your creations & load on Instagram, follow us & share to 'our family' - @localfarmbox!!

Love all @ LFB



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