



**DON'T FORGET  
TO REORDER  
YOUR NEXT  
BOX!**

**JANUARY 25TH, 2023**

Cleaning produce before eating is important!

**Make sure to wash and refrigerate produce to get the best flavor & lifespan.**

Always wash your hands for 20 seconds with warm water & soap before and after preparing fresh produce.

*Ingredients from your box in each recipe are marked with \**

## CRISPY PAN-FRIED CAULIFLOWER

Serves: 4, Time: 30 minutes  
from recipe to table.

Even the biggest cauliflower haters will love this recipe!

### Ingredients

- 1 head cauliflower\* (4 cups of florets)
- 3/4 cup flour
- 2 tablespoon corn starch
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 eggs

Hot Honey Sauce

- 1/3 cup honey
- 1 tablespoon apple cider vinegar
- 1 teaspoon red pepper flakes

### Instructions

1. Cut the cauliflower into 1.5 inch florets according to the instructions below.
2. In a small bowl, mix together the flour, corn starch, salt, garlic powder, and onion powder. In a separate bowl, whisk together the two eggs.
3. In a large frying pan, heat enough oil to cover the bottom of the pan fully.
4. Dip cauliflower florets into the egg wash, and then into the flour mixture. Fry until golden brown on each side, about 5 minutes.
5. Remove from oil and let rest on a paper towel lined plated for 5 minutes before serving. While cooling, whisk together the ingredients for the hot honey sauce and drizzle over the cauliflower. Serve immediately!

## HOW TO CUT A CAULIFLOWER



This method of cutting is also great for cutting broccoli florets!

Don't throw away the stems that you cut florets off of! Keep them in your freezer along with other vegetable scraps like carrot peels and onion roots and once a month (or whenever you've gathered a pot full), simmer them in a large pot of water for 4-5 hours with salt and other spices and you'll have homemade vegetable stock!

*Photo from Evolving Table*

EST. 2015



# FOODSHARE GREENVILLE

powered by  MILL VILLAGE  
FARMS

DON'T FORGET  
TO REORDER  
YOUR NEXT  
BOX!

## YAKISOBA INSPIRED VEGGIE STIR FRY

Serves: 3, Time: 40 minutes from recipe to table.

### Ingredients:

For the stir fry:

- 1/2 onion (any type)\*
- 2 carrots\*
- 1 pack portabella mushrooms\*
- 1 bell pepper\*
- 1 head broccoli\*
- 1 tablespoon oil (vegetable or sesame)
- 1 lb noodles - Yakisoba noodles are great, but spaghetti works too!

For the sauce:

- 1/2 cup soy sauce
- 1/4 cup Worcestershire sauce
- 2 Tbsp rice vinegar (or white vinegar)
- 1 1/2 tablespoons ketchup
- 3 Tbsp brown sugar
- 1 1/2 teaspoons fresh grated ginger or powdered ginger
- 1 teaspoon minced garlic
- Squeeze of orange juice or 1/2 teaspoon finely grated orange peel\*
- 1/2 teaspoon red pepper flakes for heat (optional)
- 1 Tbsp Mirin (optional)

### Instructions:

1. Cook the noodles according to package directions. Drain well and rinse with cold water, toss with 1/2 teaspoon oil so they don't stick together. Set aside.
2. Chop veggies into long, thin strips. Cook the onions over medium heat in a large frying pan with the oil until translucent, about 5 minutes. Add the carrots, mushrooms, and bell pepper and continue cooking for 8-10 minutes. Reduce heat to low.
3. In a bowl, whisk together all ingredients for the sauce. Add the noodles and half the sauce to the vegetables and turn the heat up to high. Toss for 3 minutes until the noodles begin to fry.
4. Serve with additional sauce.

Options: This dish is traditionally prepared with **Shichimi Togarashi** as the spices in the sauce, and often includes pork as a protein. Try adding tofu or a fried egg for vegetarian protein too!



## PRODUCE STORAGE TIP: FRIDGE OR COUNTER?

- Tomatoes should be stored on your counter. Storing tomatoes in the fridge causes their flavor compounds to break down more quickly, and can cause them to become mealy.
- Potatoes should also be kept on the counter, preferably in a dry area away from direct sunlight. Moisture causes potatoes to sprout, and direct sunlight causes potatoes to turn green, so avoid those options by placing them in a paper bag on your counter.