



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

OCTOBER 5TH, 2022

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 **

ASIAN-INSPIRED ORANGE TOFU WITH STEAMED BROCCOLI

Serves: 2-4, Time: 40 minutes from recipe to table.

Ingredients

For the tofu & broccoli:

- 1 package firm or extra firm tofu
- 1/4 cup cornstarch
- 1/4 cup vegetable oil
- 1 tablespoon sesame seeds
- 2 broccoli heads*

For the sauce:

- 2 oranges*
- 1 teaspoon sesame oil
- 1 teaspoon minced garlic
- 1 tablespoon grated fresh ginger or dried ground ginger
- 1 teaspoon Sichuan peppercorn, ground (or 1/2 teaspoon red pepper flakes + 1/2 teaspoon mint)
- 1/3 cup soy sauce
- 2 tablespoons rice vinegar (or white vinegar)
- 1/4 cup orange juice
- 1 tablespoon sugar
- 1/4-1/2 cup water
- 1-2 tablespoons cornstarch



Instructions

1. Press the tofu to remove excess moisture by removing it from the container, wrapping it in several paper towels or a kitchen towel and placing a heavy book or other object on top. Let sit while the sauce is made.
2. First, zest both oranges with the small side of a cheese grater. Try to remove only the orange, not the white pith.
3. In a small saucepan, add the sesame oil, orange zest, minced garlic, ginger, and Sichuan peppercorn and heat over medium until fragrant, about 3 minutes. Turn heat to low and add the soy sauce, rice vinegar, sugar, and ALL of the juice from both oranges. This should be close to 3/4 cup, and you can add additional orange juice to supplement. Stir well and let cook for 3-4 minutes, until simmering.
4. Make a corn starch slurry by mixing 1 tablespoon of cornstarch into 1/4 cup - 1/2 cup water. While stirring, pour the mixture into the sauce and then immediately begin stirring the sauce. Bring to a boil, and let thicken until the sauce sticks to the back of the spoon, 5-10 minutes. Remove from heat and place into a separate bowl so it does not continue to heat and thicken more.
5. Cook the tofu by cutting into small cubes, rolling each cub in cornstarch, and pan frying over medium heat in vegetable oil and sesame seeds until golden brown on all sides, about 7 minutes. Steam the broccoli in a pot or microwave, and toss both tofu and broccoli in the sauce. Serve hot with white rice for a full meal!

HEARTY VEGETABLE SOUP

Serves: 5-7, Time: 1 hour from recipe to table.

Ingredients

- 2 tablespoons olive oil
- 1 yellow onion*
- 1 teaspoon minced garlic
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon black pepper
- 1/2 teaspoon thyme
- 1/2 head celery*, diced into 1/2 inch chunks
- 2-3 sweet potatoes*, peeled and diced into 1/2 inch chunks
- 3/4 cup lentils
- 1 can stewed tomatoes (or 1.5 cups diced fresh tomatoes*)
- 6-8 cups vegetable stock
- 1 tablespoon apple cider vinegar

Instructions

1. In a large, deep pot, heat olive oil over medium heat. Add the onions and cook for 5 minutes, stirring frequently, until translucent.
2. Add the minced garlic, red pepper flakes, black pepper, thyme, celery, and sweet potatoes and cook for another 3 minutes.
3. Add the lentils and stir well to disperse throughout the vegetables, then add 6 cups of stock and the tomatoes. Cover pot and bring to a simmer, stirring occasionally. Cook until the sweet potato chunks can be pierced with a fork, and the lentils are soft, adding more broth if needed. This should take about 40 minutes.
4. Turn off the heat and stir in the apple cider vinegar.



MAKE YOUR OWN SOUP STOCK

An easy and delicious way to save money and reduce food waste is to make your own vegetable stock for soups using the ends and leftover bits of vegetables from recipes. Simply save any vegetable ends and scraps: broccoli stalks, carrot ends, onion roots, and any other vegetable discards. Freeze them until you have approximately 4 cups saved and then place them in a large pot and cover with water. For a more fragrant stock, you can add additional onion and garlic cloves. Add salt, pepper, and any savory spices you desire and cook over low heat for 2-3 hours. Strain the vegetable pieces out, and you have stock! You can use the stock right away, keep it in the fridge for up to a week, or freeze for up to six months. If you'd like to make chicken or beef stock, follow the same process but add chicken or beef bones to the pot before heating.