

Week 3/23



Meal Kit Recipes

Instant Pot Cumin Lamb with Roasted Vegetables

2 SERVINGS | **HANDS ON TIME: 15 minutes** | **TOTAL TIME: 45 minutes**

Hudspeth River Ranch Lamb Stew Meat, thawed
Farmhouse Kitchen Cumin Sauce
Farmhouse Kitchen Sesame Tamari Vinaigrette, stirred well before use
Gundermann Acres Cabbage, washed, core and outer leaves discarded
Texas Farm Patch Broccoli, trimmed and washed
Gulf Pacific White Rice
Oil of choice
Salt and pepper

Cooking Notes: An electric pressure cooker (Instant Pot) is suggested for this recipe. The amount of time needed to stew the meat until tender will vary depending on the appliance brand. If you prefer, you can skip the searing instructions in Step 1. See back for alternative slow cooker instructions.

STEP 1 Adjust the Instant Pot to the Saute setting. While it heats, pat the lamb dry with paper towels. Cut any larger pieces in half so that all pieces are roughly the same size, about 1". Season with salt and pepper. Sear the lamb in oil until browned on all sides. Add the cumin sauce.

STEP 2 Secure the lid and move the valve to the Sealing setting. Press the Pressure Cook button, then use the +/- button to adjust the time to 30 minutes. When the timer on the Instant Pot beeps, the meat should be tender. Before opening the lid, first release the pressure by opening the steam valve. Do not hold your hand or look directly over the valve. Use a spoon with a long handle to carefully move the valve to the Venting setting. Hot, vigorous steam will immediately release. You will know when the pressure is fully released and it's safe to remove the lid when the valve stops hissing and there is no more visible steam. Season the cumin lamb with salt and pepper to taste.

STEP 3 While the lamb cooks, preheat oven to 425°F degrees and bring 1 cup of water, a big pinch of salt, and 2 tsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once, and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

STEP 4 Chop the cabbage into approximately 1" pieces and chop broccoli into small florets. Add vegetables a large baking sheet and combine with oil, salt and pepper. Roast in the preheated oven for 15-20 minutes or until crisp tender and caramelized around the edges. Drizzle the sesame tamari vinaigrette over the roasted vegetables.

STEP 5 Serve the cumin lamb over rice with a side of sesame tamari roasted vegetables. Enjoy!



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Instant Pot Cumin Lamb with Roasted Vegetables

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Gulf Pacific White Rice
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STEP 4 Chop the cabbage into approximately 1" pieces and chop broccoli into small florets. Add vegetables a large baking sheet and combine with oil, salt and pepper. Roast in the preheated oven for 15-20 minutes or until crisp tender and caramelized around the edges. Drizzle the sesame tamari vinaigrette over the roasted vegetables.

STEP 5 Serve the cumin lamb over rice with a side of sesame tamari roasted vegetables.

Enjoy!



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STORAGE & PROCEDURE TIPS *INGREDIENTS BEST USED WITHIN 5 DAYS*

Lamb Stew Meat - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Cumin Sauce - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month. (Ingredients: chicken stock, green onion, onion, garlic, ginger, cumin szechuan peppercorn, fennel seed, coriander seed, star anise, black peppercorn, tamari, dried chiles)

Sesame Tamari Vinaigrette - Store in the refrigerator. Use within 5 days. (Ingredients: sesame seeds, sesame oil, ginger, garlic, tamari, sugar, canola oil)

Cabbage - Store in the crisper drawer of the refrigerator. Use within 5 days.

Broccoli - Store in the crisper drawer of the refrigerator. Use within 5 days.

White Rice - Keep in a cool, dry place in the kitchen until ready to use.

***Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, soy, fish and shellfish.**

ALTERNATIVE SLOW COOKER INSTRUCTIONS

Place a large skillet over medium-heat. While the pan is heating, pat the meat dry with paper towels. Cut any larger pieces in half so that all pieces are roughly the same size, about 1". Season with salt and pepper. Sear the meat in oil until browned on all sides, then remove pan from heat. (You may need to sear the meat in batches depending on the size of your pan.) Add the cumin sauce and stir with a wooden spoon to scrape and loosen the flavorful brown crust that has developed. Add the meat and sauce to the slow cooker insert. Cook for 4-5 hours on high or 6-7 hours on low. Prepare the rice and vegetables as instructed in Steps 3-5.

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Turkey & Kale Burger with Balsamic Roasted Carrots



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2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 30 minutes

Martin Heritage Farms Ground Turkey, thawed
Martinez Farms Kale, washed and dried
Johnson's Backyard Garden Carrots, washed, stem end trimmed, peeled (optional)
Slow Dough Bread Co. Pretzel Buns, thawed, sliced in half
Farmhouse Kitchen Apple-Mustard Dressing, shaken or stirred well before use
Farmhouse Kitchen Balsamic Glaze, shaken or stirred well before use
Oil of choice
Salt and pepper

Preheat oven to 375°F degrees. Arrange oven racks to middle and bottom positions.

STEP 1 While the oven is preheating, remove the large, woody kale stems. Slice the kale leaves into ribbons, as thinly as possible, and add to a mixing bowl. For a softer slaw texture, combine the kale ribbons with the apple-mustard dressing and store in the refrigerator until ready to serve. For a crunchier, more firm texture, dress the kale immediately before before serving.

STEP 2 Cut the carrots into large pieces, about 2". Set aside on a foiled-lined baking sheet. Combine with oil, salt and pepper. Roast in the oven for 15 minutes, then combine with the balsamic glaze. Return the vegetables to the oven and roast for an additional 10-12 minutes until tender.

STEP 3 While the carrots roast, heat a large cast iron skillet or oven-safe saute pan over medium-high heat. As the skillet is heating, combine turkey with 1/2 tsp. salt and pepper, then form two burger patties a little wider than the size of the pretzel buns (approximately 5"). Add oil and sear patties for 3-4 minutes on the first side or until golden brown and caramelized. Flip the patties over with a spatula and cook for 1 minute. Transfer skillet with burger patties to the bottom oven rack. Bake in the oven for 5-7 minutes, or until the internal temperature reaches 165°F. Remove burgers from oven and set aside until ready to serve.

STEP 4 During the last 3-5 minutes that the burgers and carrots are cooking in the oven, add the sliced pretzel buns to lightly toast.

STEP 5 To assemble the burger, add the turkey patty to the bottom bun and top with the apple-mustard kale slaw, followed by the top bun. Serve the burger with a side of balsamic roasted carrots.

Enjoy!

Turkey & Kale Burger with Balsamic Roasted Carrots



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Martinez Farms Kale, washed and dried
Johnson's Backyard Garden Carrots, washed, stem end trimmed, peeled (optional)
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Farmhouse Kitchen Balsamic Glaze, shaken or stirred well before use
Oil of choice
Salt and pepper

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STEP 2 Cut the carrots into large pieces, about 2". Set aside on a foiled-lined baking sheet. Combine with oil, salt and pepper. Roast in the oven for 15 minutes, then combine with the balsamic glaze. Return the vegetables to the oven and roast for an additional 10-12 minutes until tender.

STEP 3 While the carrots roast, heat a large cast iron skillet or oven-safe saute pan over medium-high heat. As the skillet is heating, combine turkey with 1 tsp. salt and pepper, then form four burger patties a little wider than the size of the pretzel buns (approximately 5"). Add oil and sear patties for 3-4 minutes on the first side or until golden brown and caramelized. Flip the patties over with a spatula and cook for 1 minute. Transfer skillet with burger patties to the bottom oven rack. Bake in the oven for 5-7 minutes, or until the internal temperature reaches 165°F. Remove burgers from oven and set aside until ready to serve.

STEP 4 During the last 3-5 minutes that the burgers and carrots are cooking in the oven, add the sliced pretzel buns to lightly toast.

STEP 5 To assemble the burger, add the turkey patty to the bottom bun and top with the apple-mustard kale slaw, followed by the top bun. Serve the burger with a side of balsamic roasted carrots.

Enjoy!

STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS



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Ground Turkey - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Kale - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

Carrots - Remove top greens, if any. Store carrots in the crisper drawer of the refrigerator, and use within 5 days.

Pretzel Buns - Store in the freezer until ready to use. Will thaw on the counter in 30-45 minutes.

Apple-Mustard Dressing - Store in the refrigerator. Use within 5 days.

(Ingredients: apple puree, white balsamic vinegar, whole grain mustard, dijon mustard, canola oil)

Balsamic-Herb Glaze - Store in the refrigerator. Use within 5 days.

(Ingredients: balsamic vinegar, honey, salt, Patty's Herbs rosemary)

***Contains gluten inclusive ingredients**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, fish and shellfish.**

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Sweet & Sour Scarpariello Pork Sausage



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2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 35 minutes

Farmhouse Kitchen Italian Pork Sausage, thawed
Farmhouse Kitchen Scarpariello Sauce, thawed
Villa Klehr Farms Swiss Chard, trimmed, washed and rinsed well
Organic Yukon Potatoes, washed and scrubbed, peeled (optional)
J & B Farms Green Beans, washed and trimmed
Oil of choice
Salt and pepper

STEP 1 Prepare the vegetables. Chop the potatoes into small cubes, about 1/2" pieces. Chop the green beans into 1" pieces. Roughly chop the Swiss chard. Set aside.

STEP 2 Place a large, high-sided skillet over medium heat. Add oil and sear the sausage on both sides until golden brown, about 3 minutes per side. Transfer the sausage to a clean plate.

STEP 3 Return the pan to the stove and add the potatoes, adding oil as needed to prevent sticking. Allow the potatoes to brown before turning, about 3 minutes. Add the green beans and chard to the pan, saute until chard leaves just begin to wilt.

STEP 4 Add scarpariello sauce. Stir gently to combine, then nestle the sausages into the pan. Pour any juices that have collected into the pan. Reduce heat to medium-low and simmer the sausage until cooked through. The internal temperature should register at 160°F. Season with salt and pepper to taste.

Enjoy!

Sweet & Sour Scarpariello Pork Sausage



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Villa Klehr Farms Swiss Chard, trimmed, washed and rinsed well
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Oil of choice
Salt and pepper

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Enjoy!

STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS



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Italian Pork Sausage - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Scarpariello Sauce - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month. (Ingredients: red bell peppers, red wine vinegar, garlic, sugar, parsley, oregano, chicken stock, salt, pepper)

Swiss Chard - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

Yukon Potatoes - Store in a cool, dry place in the kitchen. Use within 5 days.

Green Beans - Store in the plastic bag in which they came in the crisper drawer of the refrigerator. Use within 5 days.

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Smoked Potato Gnocchi with Blue Cheese & Walnuts



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2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 30 minutes

Della Casa Pasta Smoked Potato Gnocchi, kept frozen until immediately before use
Texas Farm Patch Broccoli, washed
Martinez Farms Spinach, washed and rinsed well, dried
AustiNuts Walnuts
Farmhouse Kitchen Blue Cheese Sauce, stirred well before use
Oil of choice
Salt and pepper

Preheat oven to 425° F degrees and arrange oven rack to middle position.

STEP 1 Prepare the vegetables. Roughly chop the spinach and walnuts and set aside. Chop the broccoli into small florets and add to a baking sheet. Combine the broccoli with oil, salt and pepper. Roast in the preheated oven for 10-15 minutes or until crisp tender and caramelized around the edges.

STEP 2 While the broccoli is roasting, bring 8 cups of water to a boil in a large pot. When the water boils, add 1 tbsp. salt, followed by the frozen gnocchi. Gently stir and separate with a wooden spoon. Cook for 2-3 minutes or until the gnocchi float to the surface. Use a measuring cup to reserve 1/2 cup of the cooking water. Drain in a colander and return the gnocchi to the pot.

STEP 3 Place the pot with gnocchi over medium-low heat. Add the blue cheese sauce, chopped spinach and walnuts. Stir to warm the sauce through and wilt the spinach. Loosen the sauce with a few tablespoons of reserved cooking water, as needed. Season with salt and pepper to taste.

STEP 4 Serve the smoked potato gnocchi and vegetables in blue cheese sauce with a side of roasted broccoli.

Enjoy!

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Texas Farm Patch Broccoli, washed
Martinez Farms Spinach, washed and rinsed well, dried
AustiNuts Walnuts
Farmhouse Kitchen Blue Cheese Sauce, stirred well before use
Oil of choice
Salt and pepper

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STEP 4 Serve the smoked potato gnocchi and vegetables in blue cheese sauce with a side of roasted broccoli.

Enjoy!

STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS



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Smoked Potato Gnocchi - Keep frozen until immediately before use.

Blue Cheese Sauce - Store in the refrigerator. Use within 5 days.

(Ingredients: Mill-King Market & Creamery heavy cream, Mozzarella Company Deep Ellum Blue Cheese, Patty's Herbs Parsley, Patty's Herbs Chives, salt, pepper)

Spinach - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

Walnuts - Keep in a cool, dry place in the kitchen. Use within 30 days.

Broccoli - Store in the crisper drawer of the refrigerator. Use within 5 days.

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