

# Week of 11/16/20



## Meal Kit Recipes

### Chicken Satay with Sesame Roasted Veggies & Quinoa

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

Cobb Creek Farm Chicken Tenders, thawed  
Farmhouse Kitchen Satay Sauce, stirred well before use  
Certified Organic Cauliflower, Chopped & washed  
Villa Klehr Farm Sweet Potato, washed and scrubbed, peeled (optional)  
Farmhouse Kitchen Sesame Magic, stirred well before use  
Certified Organic Quinoa  
AustiNuts Peanuts  
Oil of choice  
Salt and pepper

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

**STEP 1** Cook the quinoa. Rinse quinoa in a fine mesh colander before cooking. Add quinoa to a sauce pot with  $\frac{3}{4}$  cups of water and  $\frac{1}{2}$  tsp. salt. Bring to a boil over medium-high heat, then reduce heat to medium. Cook for 10-15 minutes or until tender and liquid has absorbed. Fluff with a fork, season with salt to taste, and fold in half of the crushed peanuts. Cover and set aside until ready to serve.

**STEP 2** Marinate the chicken. Add the chicken tenders to a mixing bowl and combine with 2 tbsp. of the satay sauce and 1 tbsp. of oil. Reserve the remaining satay sauce. Set chicken aside to marinate at room temperature.

**STEP 3** Prepare the vegetables. Chop the sweet potatoes into small cubes, about  $\frac{1}{2}$ -inch pieces. Chop the cauliflower into small florets, about 1-inch pieces. Add to a large baking sheet, drizzle with oil and season with salt and pepper. Combine well and spread out in an even layer. Roast for 15-20 minutes or until vegetables are tender. Immediately after removing from the oven, combine roasted vegetables with sesame magic, and season with salt and pepper to taste.

**STEP 4** Arrange a rack about 4-inches from the heating element; preheat broiler. Line a rimmed baking sheet with foil and drizzle lightly with oil. Remove chicken from marinade and arrange on the foil in a single layer. Discard marinade left in the bowl. Broil until lightly browned, about 8 minutes, then brush with reserved satay sauce. Continue broiling for 1-2 minutes to caramelize and cook the chicken to an internal temperature of 165°F.

**STEP 5** Spoon quinoa into serving bowls. Top with sesame roasted sweet potatoes and cauliflower and chicken satay. Garnish with remaining crushed peanuts and satay sauce. Enjoy!



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# Chicken Satay with Sesame Roasted Veggies & Quinoa

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

Cobb Creek Farm Chicken Tenders, thawed  
Farmhouse Kitchen Satay Sauce, stirred well before use  
Certified Organic Cauliflower, washed  
Villa Klehr Farm Sweet Potato, washed and scrubbed, peeled (optional)  
Farmhouse Kitchen Sesame Magic, stirred well before use  
Certified Organic Quinoa  
AustiNuts Peanuts  
Oil of choice  
Salt and pepper

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

**STEP 1** Cook the quinoa. Rinse quinoa in a fine mesh colander before cooking. Add quinoa to a sauce pot with 1.50 cups of water and ¾ tsp. salt. Bring to a boil over medium-high heat, then reduce heat to medium. Cook for 10-15 minutes or until tender and liquid has absorbed. Fluff with a fork, season with salt to taste, and fold in half of the crushed peanuts. Cover and set aside until ready to serve.

**STEP 2** Marinate the chicken. Add the chicken tenders to a mixing bowl and combine with 1 container of the satay sauce and 2 tbsp. of oil. Reserve the remaining container of satay sauce. Set chicken aside to marinate at room temperature.

**STEP 3** Prepare the vegetables. Chop the sweet potatoes into small cubes, about ½-inch pieces. Chop the cauliflower into small florets, about 1-inch pieces. Add to a large baking sheet, drizzle with oil and season with salt and pepper. Combine well and spread out in an even layer. Roast for 15-20 minutes or until vegetables are tender. Immediately after removing from the oven, combine roasted vegetables with sesame magic, and season with salt and pepper to taste.

**STEP 4** Arrange a rack about 4-inches from the heating element; preheat broiler. Line a rimmed baking sheet with foil and drizzle lightly with oil. Remove chicken from marinade and arrange on the foil in a single layer. Discard marinade left in the bowl. Broil until lightly browned, about 8 minutes, then brush with reserved satay sauce. Continue broiling for 1-2 minutes to caramelize and cook the chicken to an internal temperature of 165°F.

**STEP 5** Spoon quinoa into serving bowls. Top with sesame roasted sweet potatoes and cauliflower and chicken satay. Garnish with remaining crushed peanuts and satay sauce.

Enjoy!



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

Chicken Tenders - Keep frozen until 24-48 hours before use. Thaw in a bowl in the refrigerator overnight.

Satay Sauce - Store in the refrigerator. Use within 5 days.  
(Ingredients: peanut butter, garlic, ginger, lime juice, sambal oelek, tamari, water)

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

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

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

Crushed Peanuts - Store in a cool, dry place in the kitchen. Use within 5 days.  
(Ingredients: roasted peanuts)

Sesame Magic - Store in the refrigerator. Use within 5 days.  
(Ingredients: garlic, tamari, sesame oil)

**\*Contains peanut inclusive ingredients.**

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



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## Italian Sausage Meatballs in Tomato-Basil Broth

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

K & C Cattle Co. Italian Pork Sausage, thawed  
Farmhouse Kitchen Tomato-Basil Broth, thawed  
J & B Farms Green Beans, washed, ends trimmed  
Villa Klehr Farm Swiss Chard, washed and rinsed  
Farmhouse Kitchen-prepared White Beans  
Oil of choice  
Salt and pepper

**STEP 1** Prepare the vegetables. Chop the green beans and chard stems into 1-inch pieces. Roughly chop the chard leaves. Set aside.

**STEP 2** Add oil in a large saucepan over medium heat. While the pan heats, form 14-16 small meatballs from the Italian sausage. When the oil is hot, brown the meatballs in batches. Add each batch of meatballs in a single layer and let brown for about 3 minutes. Turn and brown the second side for about 3 minutes before removing to a clean bowl. Repeat with remaining meatballs.

**STEP 3** The pan will have residual fat and caramelized brown bits at the bottom of the pan. Add more oil, if needed. Saute the green beans and chard stems for 3 minutes over medium heat. Then, add the tomato-basil broth. Measure ½ cup of water into the tomato-basil broth container and pour into the pan. Use a wooden spoon to scrape the bottom of the pan to release the caramelization that will have developed. Add the browned meatballs and collected juices.

**STEP 4** Bring to a simmer, then add the white beans and chard leaves. Stir to combine and reduce heat to medium-low; cover with a lid. Gently simmer for 5 minutes or until chard leaves are wilted and meatballs are cooked through (165F). Season with salt and pepper to taste.

**STEP 5** Serve the Italian sausage meatballs and vegetables in tomato-basil broth with a drizzle of extra virgin olive oil, if desired.

Enjoy!



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## Italian Sausage Meatballs in Tomato-Basil Broth

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

K & C Cattle Co. Italian Pork Sausage, thawed  
Farmhouse Kitchen Tomato-Basil Broth, thawed  
J & B Farms Green Beans, washed, ends trimmed  
Villa Klehr Farm Swiss Chard, washed and rinsed  
Farmhouse Kitchen-prepared White Beans  
Oil of choice  
Salt and pepper

**STEP 1** Prepare the vegetables. Chop the green beans and chard stems into 1-inch pieces. Roughly chop the chard leaves. Set aside.

**STEP 2** Add oil in a large saucepot over medium heat. While the pan heats, form 28-32 small meatballs from the Italian sausage. When the oil is hot, brown the meatballs in batches. Add each batch of meatballs in a single layer and let brown for about 3 minutes. Turn and brown the second side for about 3 minutes before removing to a clean bowl. Repeat with remaining meatballs.

**STEP 3** The pan will have residual fat and caramelized brown bits at the bottom of the pan. Add more oil, if needed. Saute the green beans and chard stems for 3 minutes over medium heat. Then, add the tomato-basil broth. Measure 1 cup of water into the tomato-basil broth container and pour into the pan. Use a wooden spoon to scrape the bottom of the pan to release the caramelization that will have developed. Add the browned meatballs and collected juices.

**STEP 4** Bring to a simmer, then add the white beans and chard leaves. Stir to combine and reduce heat to medium-low; cover with a lid. Gently simmer for 5 minutes or until chard leaves are wilted and meatballs are cooked through (165F). Season with salt and pepper to taste.

**STEP 5** Serve the Italian sausage meatballs and vegetables in tomato-basil broth with a drizzle of extra virgin olive oil, if desired.

Enjoy!



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

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

Tomato-Basil Broth - If using within 2 days, store in the refrigerator. Otherwise, freeze up to 1 month.

(Ingredients: roasted tomatoes, diced tomatoes, red onion, garlic, basil, parsley, chicken stock, heavy cream, salt, pepper)

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

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

White Beans - Store in the refrigerator. Use within 5 days.

(Ingredients: cannellini beans, water, salt)

**\*Contains dairy inclusive ingredients.**

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



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# Lamb & Chickpea Korma with Cilantro Yogurt

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

Windy Hill Farm Ground Lamb, thawed  
Farmhouse Kitchen Korma Sauce, thawed  
Gulf Pacific Certified Organic White Rice  
Johnson's Backyard Garden Carrots, washed, ends trimmed, peeled (optional)  
Farmhouse Kitchen-prepared Chickpeas  
Farmhouse Kitchen Cilantro Yogurt, stirred well before serving  
Oil of choice  
Salt and pepper

**STEP 1** 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 2** While the rice is cooking, chop the carrots into 1/2-inch thick pieces and set aside.

**STEP 3** Place a high-sided skillet over medium-high heat. When the pan is hot, add oil to coat the pan, followed by ground lamb. Break the lamb up in small crumbles using a wooden spoon and season with salt and pepper. Cook for 5 minutes, then add carrots and continue sauteing for another 5 minutes.

**STEP 4** Reduce the heat to medium-low and add the chickpeas and korma sauce. Let simmer, stirring occasionally to prevent scorching, for about 5 minutes or until the carrots are tender and chickpeas are warmed through.

**STEP 5** Serve the lamb and chickpea korma over rice with a dollop of cilantro yogurt.

Enjoy!



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# Lamb & Chickpea Korma with Cilantro Yogurt

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

Windy Hill Farm Ground Lamb, thawed  
Farmhouse Kitchen Korma Sauce, thawed  
Gulf Pacific Certified Organic White Rice  
Johnson's Backyard Garden Carrots, washed, ends trimmed, peeled (optional)  
Farmhouse Kitchen-prepared Chickpeas  
Farmhouse Kitchen Cilantro Yogurt, stirred well before serving  
Oil of choice  
Salt and pepper

**STEP 1** Bring 2 cups of water, a big pinch of salt, and 1 tbsp. 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 2** While the rice is cooking, chop the carrots into 1/2-inch thick pieces and set aside.

**STEP 3** Place a high-sided skillet over medium-high heat. When the pan is hot, add oil to coat the pan, followed by ground lamb. Break the lamb up in small crumbles using a wooden spoon and season with salt and pepper. Cook for 5 minutes, then add carrots and continue sauteing for another 5 minutes.

**STEP 4** Reduce the heat to medium-low and add the chickpeas and korma sauce. Let simmer, stirring occasionally to prevent scorching, for about 5 minutes or until the carrots are tender and chickpeas are warmed through.

**STEP 5** Serve the lamb and chickpea korma over rice with a dollop of cilantro yogurt.

Enjoy!



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

Ground Lamb - Keep frozen until 24-48 hours before use. Thaw in a bowl in the refrigerator overnight.

Korma Sauce - If using within 2 days, store in the refrigerator. Otherwise, freeze up to 1 month. (Ingredients: chicken stock, onions, garlic, carrots, tomatoes, cumin, fennel, coriander, star anise, cilantro, garam masala, black pepper, turmeric, cashew nuts, coconut milk, salt)

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

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

Chickpeas - Store in the refrigerator. Use within 5 days. (Ingredients: chickpeas, water, salt)

Cilantro Yogurt - Store in the refrigerator. Use within 5 days. (Ingredients: Greek yogurt, cilantro, lime juice, salt)

**\*Contains dairy, nut (cashews) and tree nut (coconut) inclusive ingredients.**

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



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# Pepper Jack Quinoa Burger with Jalapeno-Lime Mayo

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

Farmhouse Kitchen Quinoa Burger, thawed  
Farmhouse Kitchen-prepared Pepper Jack Cheese  
Slow Dough Bread Co. Whole Wheat Buns  
Urban Produce Lettuce, rootball discarded  
Lipman Family Farm Tomatoes, washed and cored  
Farmhouse Kitchen Jalapeno-Lime Mayo, stirred well before serving  
Certified Organic Spring Lettuces, washed and dried well  
Farmhouse Kitchen Lemon Vinaigrette, stirred well before serving  
Oil of choice  
Salt and pepper

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

**STEP 1** Prepare the vegetables. Wash and dry whole lettuce leaves, wash and dry spring lettuces; set aside in a mixing bowl. Slice tomatoes into rounds and lightly salt; set aside.

**STEP 2** Add 2 tbsp. oil to a skillet over medium-high heat. As the oil heats, form two patties from the quinoa burger mixture, about 4 inches wide. Press lightly to shape and compact the patties. Add the burgers to the pan and cook for about 3 minutes per side or until golden brown. Lower the heat if the burgers are browning too quickly. If the skillet appears dry, add more oil, as needed before flipping and cooking the second side.

**STEP 3** Top each patty to the edge with pepper jack cheese. Reduce heat to medium and cover with a lid. Allow the cheese to thoroughly melt on top and down the edges of the patty. The cheese will crisp to a golden brown where it meets the pan.

**STEP 4** Oil or butter buns, then toast in the oven or in a skillet over medium heat until browned, about 3-5 minutes. Combine the spring lettuces with lemon vinaigrette, salt and pepper to taste.

**STEP 5** Dress the quinoa pepper jack burger with lettuce, tomatoes, and jalapeno-lime mayo. Serve with a side of dressed spring lettuces.

Enjoy!



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# Pepper Jack Quinoa Burger with Jalapeno-Lime Mayo

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

Farmhouse Kitchen Quinoa Burger, thawed  
Farmhouse Kitchen-prepared Pepper Jack Cheese  
Slow Dough Bread Co. Whole Wheat Buns  
Urban Produce Lettuce, rootball discarded  
Lipman Family Farm Tomatoes, washed and cored  
Farmhouse Kitchen Jalapeno-Lime Mayo, stirred well before serving  
Certified Organic Spring Lettuces, washed and dried well  
Farmhouse Kitchen Lemon Vinaigrette, stirred well before serving  
Oil of choice  
Salt and pepper

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

**STEP 1** Prepare the vegetables. Wash and dry whole lettuce leaves, wash and dry spring lettuces; set aside in a mixing bowl. Slice tomatoes into rounds and lightly salt; set aside.

**STEP 2** Add 2 tbsp. oil to a large skillet over medium-high heat. As the oil heats, form four patties from the quinoa burger mixture, about 4 inches wide. Press lightly to shape and compact the patties. Add the burgers to the pan and cook for about 3 minutes per side or until golden brown. Lower the heat if the burgers are browning too quickly. If the skillet appears dry, add more oil, as needed before flipping and cooking the second side.

**STEP 3** Top each patty to the edge with pepper jack cheese. Reduce heat to medium and cover with a lid. Allow the cheese to thoroughly melt on top and down the edges of the patty. The cheese will crisp to a golden brown where it meets the pan.

**STEP 4** Oil or butter buns, then toast in the oven or in a skillet over medium heat until browned, about 3-5 minutes. Combine the spring lettuces with lemon vinaigrette, salt and pepper to taste.

**STEP 5** Dress the quinoa pepper jack burger with lettuce, tomatoes, and jalapeno-lime mayo. Serve with a side of dressed spring lettuces.

Enjoy!



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

Quinoa Burger Mixture - Store in the refrigerator. Use within 5 days.

(Ingredients: quinoa, roasted onions, roasted mushrooms, roasted sweet potatoes, cilantro, dried chile flake, breadcrumbs, lemon juice, salt)

Pepper Jack Cheese - Store in the refrigerator. Use within 5 days.

Whole Wheat Bun - Store in the refrigerator. Use within 5 days.

Lettuce - Store in the refrigerator, loosely wrapped in a plastic bag. Do not wash until ready to use. Use within 5 days.

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

Jalapeno-Lime Mayo - Store in the refrigerator. Use within 5 days.

(Ingredients: mayonnaise, lime juice, roasted jalapenos, garlic)

Spring Mix - Store in the refrigerator, loosely wrapped in a plastic bag. Do not wash until ready to use. Use within 5 days.

Lemon Vinaigrette - Store in the refrigerator. Use within 5 days.

(Ingredients: lemon juice, lemon zest, white balsamic vinegar, red onions, Dijon mustard, canola oil, salt, pepper)

**\*Contains gluten, dairy, and egg inclusive ingredients.**

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



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