

Week of 05/10/21



Meal Kit Recipes

Chana Masala with Cauliflower & Lamba's Royal Naan

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

Farmhouse Kitchen Chana Masala Sauce, thawed
Farmhouse Kitchen-prepared Garbanzo Beans, thawed
Cal-Organic Cauliflower, washed
Del Cabo Organic Snow Peas, washed, ends trimmed
Gundermann Acres Spinach, washed and rinsed well, lightly dried
Lamba's Royal Indian Garlic Naan Bread
Oil of choice
Salt and pepper

STEP 1 Prepare the vegetables. Chop the cauliflower into small florets, about 1-inch pieces. Roughly chop or tear the spinach. Halve the snow peas. Set aside.

STEP 2 Heat a large saute pan over medium. Add oil to coat the bottom of the pan. When the oil shimmers, add the cauliflower and season with salt and pepper. Saute for about 3 minutes until lightly browned.

STEP 3 Next, add the chana masala sauce and garbanzo beans. Stir to combine and coat. Reduce heat to medium-low, cover and simmer for 5-7 minutes until cauliflower is tender. Then, add snow peas. Simmer for an additional 2-3 minutes until peas are crisp tender. Stir in the chopped spinach to lightly wilt just before serving. Season with salt and pepper to taste.

STEP 4 Toast the naan in a dry skillet, garlic side-up, for 1-2 minutes over medium to crisp the bottom. Sprinkle lightly with water and cover with a lid to steam. Flip and crisp the second side, if desired. Serve garlic naan with chana masala.

Enjoy!



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Chana Masala with Cauliflower & Lamba's Royal Naan

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

Farmhouse Kitchen Chana Masala Sauce, thawed
Farmhouse Kitchen-prepared Garbanzo Beans, thawed
Cal-Organic Cauliflower, washed
Del Cabo Organic Snow Peas, washed, ends trimmed
Gundermann Acres Spinach, washed and rinsed well, lightly dried
Lamba's Royal Indian Garlic Naan Bread
Oil of choice
Salt and pepper

STEP 1 Prepare the vegetables. Chop the cauliflower into small florets, about 1-inch pieces. Roughly chop or tear the spinach. Halve the snow peas. Set aside.

STEP 2 Heat a large saute pan over medium. Add oil to coat the bottom of the pan. When the oil shimmers, add the cauliflower and season with salt and pepper. Saute for about 3 minutes until lightly browned.

STEP 3 Next, add the chana masala sauce and garbanzo beans. Stir to combine and coat. Reduce heat to medium-low, cover and simmer for 5-7 minutes until cauliflower is tender. Then, add snow peas. Simmer for an additional 2-3 minutes until peas are crisp tender. Stir in the chopped spinach to lightly wilt just before serving. Season with salt and pepper to taste.

STEP 4 Toast the naan in a dry skillet, garlic side-up, for 1-2 minutes over medium to crisp the bottom. Sprinkle lightly with water and cover with a lid to steam. Flip and crisp the second side, if desired. Serve garlic naan with chana masala.

Enjoy!



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STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Chana Masala Sauce - If using within 2 days, store in the refrigerator. Otherwise, keep frozen and thaw in the refrigerator overnight.

(Ingredients: onions, ginger, tomatoes, garam masala, cilantro, salt, pepper)

Garbanzo Beans - If using within 2 days, store in the refrigerator. Otherwise, keep frozen and thaw in the refrigerator overnight.

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

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

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

Garlic Naan Bread - If using within 2 days, store in the refrigerator. Otherwise, keep frozen and thaw in the refrigerator overnight.

(Ingredients: wheat flour, white flour, milk, garlic, sunflower oil, baking soda, cilantro, yeast, salt)

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

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



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Chicken Marsala with Buttered Spring Veggies

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

Cooks Venture Pasture-raised Boneless Chicken Breast Filets, thawed
Kitchen Pride Crimini Mushrooms, washed or brushed with a damp cloth immediately before use
Urban Roots or Eden East Farm Spring Onions, washed, roots trimmed
Johnson's Backyard Garden Turnips, greens and root end trimmed, washed, peeled (optional)
The Produce Exchange Green Beans, washed, ends trimmed
Farmhouse Kitchen Marsala Sauce, thawed
Farmhouse Kitchen Compound Butter
Oil of choice
Salt and pepper

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

STEP 1 Prepare the vegetables. Halve or quarter the mushrooms, depending on size. Slice the spring onion bulb into about ¼-inch thick pieces and thinly slice the green tops. Slice the turnips into wedges, about ½-inch thick. Leave green beans whole.

STEP 2 Add turnips and green beans to a baking sheet. Drizzle with oil and season with salt and pepper. Spread out in an even layer and roast for 15-20 minutes or until tender and caramelized. Immediately after removing the roasted vegetables from the oven, toss in compound butter to coat. Season with salt and pepper to taste.

STEP 3 While the vegetables are roasting, heat a large saute pan over medium-high. Pat the chicken dry with paper towels and season both sides with salt and pepper. Add oil to coat the bottom of the pan, then add the chicken to sear. Cook for about 3 minutes on each side, then transfer chicken to a clean plate.

STEP 4 Reduce the heat to medium and add additional oil to the pan. Add the sliced onion bulb and mushrooms, seasoning with salt and pepper. Saute for 3 minutes until onions are just translucent and mushrooms are lightly browned. Add the marsala sauce and use a wooden spoon to scrape the bottom of the pan, releasing the flavorful caramelization that will have developed.

STEP 5 Return the chicken to the pan, alongside any collected juice. Simmer the chicken in the sauce until cooked through, reaching 165°F when measured at the thickest part. Season sauce with salt and pepper to taste.

Serve the chicken marsala with a side of roasted vegetables in roasted shallot butter. Garnish with thinly sliced green onion. Enjoy!



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Chicken Marsala with Buttered Spring Veggies

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

Cooks Venture Pasture-raised Boneless Chicken Breast Filets, thawed
Kitchen Pride Crimini Mushrooms, washed or brushed with a damp cloth immediately before use
Urban Roots or Eden East Farm Spring Onions, washed, roots trimmed
Johnson's Backyard Garden Turnips, greens and root end trimmed, washed, peeled (optional)
The Produce Exchange Green Beans, washed, ends trimmed
Farmhouse Kitchen Marsala Sauce, thawed
Farmhouse Kitchen Compound Butter
Oil of choice
Salt and pepper

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

STEP 1 Prepare the vegetables. Halve or quarter the mushrooms, depending on size. Slice the spring onion bulb into about ¼-inch thick pieces and thinly slice the green tops. Slice the turnips into wedges, about ½-inch thick. Leave green beans whole.

STEP 2 Add turnips and green beans to a baking sheet. Drizzle with oil and season with salt and pepper. Spread out in an even layer and roast for 15-20 minutes or until tender and caramelized. Immediately after removing the roasted vegetables from the oven, toss in compound butter to coat. Season with salt and pepper to taste.

STEP 3 While the vegetables are roasting, heat a large saute pan over medium-high. Pat the chicken dry with paper towels and season both sides with salt and pepper. Add oil to coat the bottom of the pan, then working in batches, add the chicken to sear. Cook for about 3 minutes on each side, then transfer chicken to a clean plate.

STEP 4 Reduce the heat to medium and add additional oil to the pan. Add the sliced onion bulb and mushrooms, seasoning with salt and pepper. Saute for 3 minutes until onions are just translucent and mushrooms are lightly browned. Add the marsala sauce and use a wooden spoon to scrape the bottom of the pan, releasing the flavorful caramelization that will have developed.

STEP 5 Return the chicken to the pan, alongside any collected juice. Simmer the chicken in the sauce until cooked through, reaching 165°F when measured at the thickest part. Season sauce with salt and pepper to taste.

Serve the chicken marsala with a side of roasted vegetables in roasted shallot butter. Garnish with thinly sliced green onion. Enjoy!



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

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

Mushrooms - Store in the refrigerator in the bag in which they came. Use within 5 days.

Spring Onions - Store in the crisper drawer of your refrigerator sealed in a plastic bag. Use within 5 days.

Turnips - Remove/use any tops and trim the root end. Store in a plastic bag the crisper drawer of the refrigerator. Use within 5 days.

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

Marsala Sauce - If using within 2 days, store in the refrigerator. Otherwise, keep frozen and thaw in the refrigerator overnight.

(Ingredients: shallots, garlic, crimini mushrooms, thyme, marsala wine, roasted chicken bones, chicken stock, tamari, white balsamic vinegar, salt, pepper)

Compound Butter - Store in the refrigerator. Use within 5 days.

(Ingredients: roasted shallots, parsley, lemon juice, butter, 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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Fettuccine al Ragu Napoletano

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

Farmhouse Kitchen Ragu Napoletano, thawed
K & C Cattle Co. Italian Pork Sausage, thawed
Patty's Herbs Basil, whole leaves picked and washed
Coke Farm Organic Fennel, stems and tops discarded, washed and trimmed
Signature Organic Red Bell Peppers, washed, stem and seeds discarded
Della Casa Pasta Co. Fettuccine, kept frozen until immediately before use
Oil of choice
Salt and pepper

STEP 1 Bring a large pot of water to a boil. Meanwhile, prepare the vegetables. Slice the fennel into quarters from top to bottom, then cut away the center core; discard. Thinly slice the fennel bulb into about 1/2-inch thick pieces. Slice the pepper into 1/2-inch thick pieces. Roughly chop, tear or slice the basil leaves into thin ribbons. Set aside.

STEP 2 Heat a large, high-sided skillet over medium-high. Add oil to coat the bottom of the pan. When the oil shimmers, add the sausage. Break into small crumbles with a spatula or wooden spoon. Cook for about 8 minutes or until browned.

STEP 3 Reduce the heat to medium and add the sliced fennel and peppers to the pan. Saute for about 3 minutes, then add the ragu sauce. Scrape the bottom of the pan with a wooden spoon to release the flavorful caramelization that will have developed. Partially cover with a lid and reduce heat to medium-low to gently simmer for about 8-10 minutes, allowing the flavors to meld.

STEP 4 At this point the water should have reached a boil. While the sauce simmers, cook the pasta. Add a large pinch of salt, about 1 tbsp., to the boiling water, followed by the frozen pasta. Gently stir and separate noodles with tongs. Cook pasta for 2-3 minutes until al dente - when the pasta is soft and cooked through, but retains a pleasant chew. If you prefer a softer texture, cook the pasta for an additional 1-2 minutes. Use a measuring cup to reserve 1/2 cup of the pasta cooking water. Drain the pasta in a colander and shake out excess water, but do not rinse.

STEP 5 Add the hot pasta to the ragu sauce and toss to combine. Add 2-3 tbsp. of reserved pasta water. As you stir and combine, the starchy water will thicken the sauce and be absorbed by the pasta. Add more water, if desired. Season with salt and pepper to taste.

Garnish the fettuccine al ragu napoletano with fresh basil before serving. Enjoy!



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Fettuccine al Ragu Napoletano

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

Farmhouse Kitchen Ragu Napoletano, thawed
K & C Cattle Co. Italian Pork Sausage, thawed
Patty's Herbs Basil, whole leaves picked and washed
Coke Farm Organic Fennel, stems and tops discarded, washed and trimmed
Signature Organic Red Bell Peppers, washed, stem and seeds discarded
Della Casa Pasta Co. Fettuccine, kept frozen until immediately before use
Oil of choice
Salt and pepper

STEP 1 Bring a large pot of water to a boil. Meanwhile, prepare the vegetables. Slice the fennel into quarters from top to bottom, then cut away the center core; discard. Thinly slice the fennel bulb into about 1/2-inch thick pieces. Slice the pepper into 1/2-inch thick pieces. Roughly chop, tear or slice the basil leaves into thin ribbons. Set aside.

STEP 2 Heat a large, high-sided skillet over medium-high. Add oil to coat the bottom of the pan. When the oil shimmers, add the sausage. Break into small crumbles with a spatula or wooden spoon. Cook for about 8 minutes or until browned.

STEP 3 Reduce the heat to medium and add the sliced fennel and peppers to the pan. Saute for about 3 minutes, then add the ragu sauce. Scrape the bottom of the pan with a wooden spoon to release the flavorful caramelization that will have developed. Partially cover with a lid and reduce heat to medium-low to gently simmer for about 8-10 minutes, allowing the flavors to meld.

STEP 4 At this point the water should have reached a boil. While the sauce simmers, cook the pasta. Add a large pinch of salt, about 1 tbsp., to the boiling water, followed by the frozen pasta. Gently stir and separate noodles with tongs. Cook pasta for 2-3 minutes until al dente - when the pasta is soft and cooked through, but retains a pleasant chew. If you prefer a softer texture, cook the pasta for an additional 1-2 minutes. Use a measuring cup to reserve 1/2 cup of the pasta cooking water. Drain the pasta in a colander and shake out excess water, but do not rinse.

STEP 5 Add the hot pasta to the ragu sauce and toss to combine. Add about 1/4 cup of reserved pasta water. As you stir and combine, the starchy water will thicken the sauce and be absorbed by the pasta. Add more water, if desired. Season with salt and pepper to taste.

Garnish the fettuccine al ragu napoletano with fresh basil before serving. 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.

(Ingredients: pasture-raised pork, salt, garlic powder, basil, oregano, rosemary, parsley, dried red chile flake, fennel seed, black pepper)

Fettuccine - Keep frozen until immediately before cooking. Use within 1 month.

(Ingredients: durum semolina, unbleached flour eggs, salt)

Basil - Trim stems, store upright in a small glass of water and cover leaves with a small plastic bag. Store in the refrigerator, use within 5 days.

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

Red Bell Pepper - Store in a paper bag inside refrigerator crisper drawer until ready to use.

Ragu Napoletano - If using within 2 days, store in the refrigerator. Otherwise, keep frozen and thaw in the refrigerator overnight.

(Ingredients: yellow onion, garlic, dried red chile flake, dried oregano, red wine, San Marzano tomatoes, roasted beef bones, parmesan, 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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Instant Pot Orange Beef & Veggie Stir Fry

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

K & C Cattle Co. Pasture-raised Beef Stew Meat, thawed
Tomatero Organic Leeks, root end trimmed, dark green woody tops discarded
Lakeside Organic Gardens Broccoli, washed
Terra Preta Farm Cilantro, tender leaves and stems picked, washed and dried
Farmhouse Kitchen Orange Sauce, stirred well before use
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 beef dry with paper towels. Cut any larger pieces, so that all pieces are roughly the same size, about 1-inch. Season with salt and pepper. Sear in oil until browned on all sides, then add the orange sauce and 1/2 cup of water. Stir to combine.

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 25 minutes. When the timer beeps, let sit for 10 minutes without disturbing to naturally release pressure. Then, manually 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. It's safe to remove the lid when the valve releases, stops hissing and there is no more visible steam. Season with salt and pepper to taste.

STEP 3 While the beef is cooking, prepare the rice. 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 Next, prepare the veggie stir fry. Roughly chop the cilantro; set aside. Chop the broccoli crown into small florets. Peel the stem and chop into 1/2-inch thick pieces. Slice the tender white and light green part of the leek in half lengthwise, then chop into 2-inch long pieces. Submerge in a bowl of cold water and swish vigorously to release any dirt and grit. Let stand for a few minutes to allow dirt to sink to the bottom, then scoop the leeks out of water. Shake or pat dry excess water.

STEP 5 Heat a large saute pan or wok over medium-high heat. Add oil to coat the bottom of the pan. When the oil just begins to smoke, add the broccoli and saute for 3 minutes. Season with salt. Add the leeks and saute for 3 minutes. Ladle about 1/4 cup of the finished orange sauce over the vegetables and season with salt and pepper to taste. Serve orange beef and veggie stir fry over rice. Enjoy!



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Instant Pot Orange Beef & Veggie Stir Fry

4 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 45 minutes

K & C Cattle Co. Pasture-raised Beef Stew Meat, thawed
Tomatero Organic Leeks, root end trimmed, dark green woody tops discarded
Lakeside Organic Gardens Broccoli, washed
Terra Preta Farm Cilantro, tender leaves and stems picked, washed and dried
Farmhouse Kitchen Orange Sauce, stirred well before use
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 beef dry with paper towels. Cut any larger pieces, so that all pieces are roughly the same size, about 1-inch. Season with salt and pepper. Sear in oil until browned on all sides, then add the orange sauce and 1 cup of water. Stir to combine.

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 25 minutes. When the timer beeps, let sit for 10 minutes without disturbing to naturally release pressure. Then, manually 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. It's safe to remove the lid when the valve releases, stops hissing and there is no more visible steam. Season with salt and pepper to taste.

STEP 3 While the beef is cooking, prepare the rice. 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 4 Next, prepare the veggie stir fry. Roughly chop the cilantro; set aside. Chop the broccoli crown into small florets. Peel the stem and chop into 1/2-inch thick pieces. Slice the tender white and light green part of the leek in half lengthwise, then chop into 2-inch long pieces. Submerge in a bowl of cold water and swish vigorously to release any dirt and grit. Let stand for a few minutes to allow dirt to sink to the bottom, then scoop the leeks out of water. Shake or pat dry excess water.

STEP 5 Heat a large saute pan or wok over medium-high heat. Add oil to coat the bottom of the pan. When the oil just begins to smoke, add the broccoli and saute for 3 minutes. Season with salt. Add the leeks and saute for 3 minutes. Ladle about 1/4 cup of the finished orange sauce over the vegetables and season with salt and pepper to taste. Serve orange beef and veggie stir fry over rice. Enjoy!



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

Beef Stew Meat - Keep frozen until 24-48 hours before use. Thaw in a bowl in the refrigerator overnight.

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

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

Cilantro - Trim stems, store upright in a small glass of water and cover leaves with a small plastic bag. Store in the refrigerator, use within 5 days.

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

Orange Sauce - If using within 2 days, store in the refrigerator. Otherwise, keep frozen and thaw in the refrigerator overnight.

(Ingredients: shallots, garlic, ginger, jalapeno, orange juice, sugar, tamari, salt)

***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-inch. Season with salt and pepper. Sear the meat in oil until browned on all sides, then remove the pan from heat. (You may need to sear the meat in batches depending on the size of your pan.) Add the orange sauce plus 1 cup of water 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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