

Week of 10/04/21



Meal Kit Recipes

Smoked Gnocchi with Blue Cheese Walnut Sauce

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

Della Casa Pasta Smoked Potato Gnocchi, kept frozen until immediately before use
Josie's Certified Organic Broccoli, washed and rinsed well, dried
Jayleaf Specialties Certified Organic 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 or tear the spinach, if needed. Chop the broccoli into small florets and add to a baking sheet. Combine the broccoli with oil, salt and pepper, and spread out in an even layer. Roast in the preheated oven for 10-15 minutes or until crisp tender and caramelized around the edges.

STEP 2 Toast the walnuts in the oven or on the stove over medium heat until golden brown and fragrant (about 6-8 minutes). Roughly chop and set aside until ready to serve.

STEP 3 While the broccoli is roasting, bring a large pot of water to a boil. 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 4 Place the pot with gnocchi over medium-low heat. Add the blue cheese sauce and chopped spinach. Stir to warm the sauce through and wilt the spinach. Loosen the sauce with reserved cooking water, a few tablespoons at a time, until gnocchi are well coated and desired consistency is reached. Fold in the roasted broccoli or serve on the side. Season with salt and pepper to taste.

STEP 5 Serve the smoked potato gnocchi in blue cheese sauce with a garnish of toasted walnuts.

Enjoy!



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Smoked Potato Gnocchi with Blue Cheese & Walnuts

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

Della Casa Pasta Smoked Potato Gnocchi, kept frozen until immediately before use
Josie's Certified Organic Broccoli, washed and rinsed well, dried
Jayleaf Specialties Certified Organic 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 or tear the spinach, if needed. Chop the broccoli into small florets and add to a baking sheet. Combine the broccoli with oil, salt and pepper, and spread out in an even layer. Roast in the preheated oven for 10-15 minutes or until crisp tender and caramelized around the edges.

STEP 2 Toast the walnuts in the oven or on the stove over medium heat until golden brown and fragrant (about 6-8 minutes). Roughly chop and set aside until ready to serve.

STEP 3 While the broccoli is roasting, bring a large pot of water to a boil. 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 4 Place the pot with gnocchi over medium-low heat. Add the blue cheese sauce and chopped spinach. Stir to warm the sauce through and wilt the spinach. Loosen the sauce with reserved cooking water, a few tablespoons at a time, until gnocchi are well coated and desired consistency is reached. Fold in the roasted broccoli or serve on the side. Season with salt and pepper to taste.

STEP 5 Serve the smoked potato gnocchi in blue cheese sauce with a garnish of toasted walnuts.

Enjoy!



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STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Smoked Potato Gnocchi - Keep frozen until immediately before use.

(Ingredients: smoked potatoes, durum semolina flour, eggs, salt)

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

(Ingredients: heavy cream, blue cheese, parsley, 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.

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

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



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Greek Beef Meatballs with Quinoa & Feta Tzatziki

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

K & C Cattle Co. Ground Beef, thawed
Farmhouse Kitchen Greek Spices
Village Farms Cherry Tomatoes, washed
My Father's Farm Farm Radishes, greens and root end trimmed, washed
Cal-Organic Romaine Lettuce, root end and core discarded, washed & rinsed well, dried
Farmhouse Kitchen Feta Tzatziki, stirred well before use
Lundberg Family Farms Organic Quinoa
Oil of choice
Salt and pepper

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

STEP 1 Rinse quinoa in a fine mesh colander before cooking. Add quinoa to a sauce pot with $\frac{3}{4}$ cups of water and a large pinch of salt. Place over medium-high heat and bring to a boil. Reduce heat to medium and cook for 10 to 15 minutes or until tender and liquid has absorbed. Fluff with a fork. Season with additional salt to taste. Cover and set aside until ready to serve.

STEP 2 While the quinoa is cooking, thoroughly combine the Greek spices with the ground beef. Form 14-16 meatballs, about the size of a ping pong ball. Add the meatballs to a foil lined baking sheet that's been lightly oiled. Roast the meatballs in the preheated oven for 15-18 minutes or until the internal temperature reaches 160°F.

STEP 3 Prepare the vegetables while the meatballs are roasting. Quarter or halve the tomatoes. Thinly slice the radishes into half moons or matchsticks. Tear the romaine lettuce into bite sized pieces or ribbons. Set the vegetables aside until ready to serve.

STEP 4 Serve the crisp vegetables and Greek meatballs over the warm quinoa. Dollop the feta tzatziki over top.

Enjoy!



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Greek Beef Meatballs with Quinoa & Feta Tzatziki

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

K & C Cattle Co. Ground Beef, thawed
Farmhouse Kitchen Greek Spices
Village Farms Cherry Tomatoes, washed
My Father's Farm Farm Radishes, greens and root end trimmed, washed
Cal-Organic Romaine Lettuce, root end and core discarded, washed & rinsed well, dried
Farmhouse Kitchen Feta Tzatziki, stirred well before use
Lundberg Family Farms Organic Quinoa
Oil of choice
Salt and pepper

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

STEP 1 Rinse quinoa in a fine mesh colander before cooking. Add quinoa to a sauce pot with 1 1/2 cups of water and a large pinch of salt. Place over medium-high heat and bring to a boil. Reduce heat to medium and cook for 10 to 15 minutes or until tender and liquid has absorbed. Fluff with a fork. Season with additional salt to taste. Cover and set aside until ready to serve.

STEP 2 While the quinoa is cooking, thoroughly combine the Greek spices with the ground beef. Form 28-32 meatballs, about the size of a ping pong ball. Add the meatballs to a foil lined baking sheet that's been lightly oiled. Roast the meatballs in the preheated oven for 15-18 minutes or until the internal temperature reaches 160°F.

STEP 3 Prepare the vegetables while the meatballs are roasting. Quarter or halve the tomatoes. Thinly slice the radishes into half moons or matchsticks. Tear the romaine lettuce into bite sized pieces or ribbons. Set the vegetables aside until ready to serve.

STEP 4 Serve the crisp vegetables and Greek meatballs over the warm quinoa. Dollop the feta tzatziki over top.

Enjoy!



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STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

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

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

Radishes - Store in crisper drawer of refrigerator in an airtight container, wrapped in a damp paper towel. Use within 5 days.

Lettuce - Store in crisper drawer of the refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

Greek Meatball Spice - Store in a cool, dry place in the kitchen. Use within 5 days.
(Ingredients: garlic powder, Mexican oregano, dried red chile flake, dried dill, dried parsley, dried basil, salt)

Tzatziki - Store in the refrigerator. Use within 5 days.
(Ingredients: Greek yogurt, feta cheese, garlic, lemon juice, cucumber, mint, salt)

Quinoa - Store in a cool, dry place in the kitchen.

***Contains dairy inclusive ingredients.**

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



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Crispy Steelhead Trout with Salsa Verde

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

Riverence Steelhead Trout, thawed
Gundermann Acres Yukon Gold Potatoes, washed and scrubbed, peeled (optional)
J & B Farm Green Beans, washed
AustiNuts Almonds
Farmhouse Kitchen Salsa Verde, 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. Trim the green beans and combine with oil, salt and pepper in a mixing bowl; set aside. Chop the potatoes into large cubes, about 1-inch pieces. Add to a baking sheet, drizzle with oil, and season with salt and pepper. Toss to combine, then spread out in an even layer.

STEP 2 Roast the potatoes in the pre-heated oven for about 15 minutes. Turn the potatoes and add the green beans. Continue roasting for another 10-15 minutes or until the green beans are crisp-tender and the potatoes are golden brown.

STEP 3 Meanwhile, heat a large saute pan over medium-high. As the pan heats, thoroughly pat the trout dry with paper towels. Season both sides with salt and pepper. When the pan is hot, add about 2 tbsp. oil and swirl to coat the bottom of the pan. Add the trout skin-side down. Cook until the skin becomes golden brown and releases easily from the pan, about 3-4 minutes. Flip and continue cooking for another 2-3 minutes. The internal temperature of the trout should reach 145°F when cooked through.

STEP 4 Toast the almonds in the oven for 5-7 minutes or until lightly golden and fragrant. Roughly chop and top the roasted green beans.

STEP 5 Serve the crispy trout with a side of roasted potatoes, green beans with almonds and salsa verde.

Enjoy!



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Crispy Steelhead Trout with Salsa Verde

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

Riverence Steelhead Trout, thawed
Gundermann Acres Yukon Gold Potatoes, washed and scrubbed, peeled (optional)
J & B Farm Green Beans, washed
AustiNuts Almonds
Farmhouse Kitchen Salsa Verde, 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. Trim the green beans and combine with oil, salt and pepper in a mixing bowl; set aside. Chop the potatoes into large cubes, about 1-inch pieces. Add to a baking sheet, drizzle with oil, and season with salt and pepper. Toss to combine, then spread out in an even layer.

STEP 2 Roast the potatoes in the pre-heated oven for about 15 minutes. Turn the potatoes and add the green beans. Continue roasting for another 10-15 minutes or until the green beans are crisp-tender and the potatoes are golden brown.

STEP 3 Meanwhile, heat a large saute pan over medium-high. As the pan heats, thoroughly pat the trout dry with paper towels. Season both sides with salt and pepper. When the pan is hot, add about 2 tbsp. oil and swirl to coat the bottom of the pan. Working in batches, as needed, add the trout skin-side down. Cook until the skin becomes golden brown and releases easily from the pan, about 3-4 minutes. Flip and continue cooking for another 2-3 minutes. The internal temperature of the trout should reach 145°F when cooked through. Repeat with remaining trout filets.

STEP 4 Toast the almonds in the oven for 5-7 minutes or until lightly golden and fragrant. Roughly chop and top the roasted green beans.

STEP 5 Serve the crispy trout with a side of roasted potatoes, green beans with almonds and salsa verde.

Enjoy!



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STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

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

Potatoes - Store in a cool, dry place in the kitchen. 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.

Almonds - Store in a cool dry place in the kitchen. Use within 14 days.

Salsa Verde - Store in the refrigerator. Use within 5 days.

(Ingredients: roasted onion, roasted garlic, green olives, parsley, spinach, mint, hard boiled egg, sunflower oil, lemon juice, salt, pepper)

***Contains egg and fish inclusive ingredients.**

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Chicken Satay & Ginger-Lime Sweet Potato Bowl

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

Greener Pastures Boneless Chicken Thighs, thawed
Farmhouse Kitchen Satay Sauce, stirred well before serving
Steelbow Farm Basil, leaves picked, washed and dried
Lakeside Organic Gardens Cilantro, leaves and tender stems picked, washed & rinsed well, dried
Fruitful Hill Farm Sweet Potato, washed and scrubbed, peeled (optional)
Top of Texas Co-Op Gala Apple, washed, peeled (optional), cored
Texas Farm Patch Cucumber, washed, ends trimmed, peeled (optional)
Farmhouse Kitchen Ginger-Lime Vinaigrette, stirred well before serving
Oil of choice
Salt and pepper

Preheat oven to 400°F degrees and arrange oven rack to middle position.

STEP 1 Prepare the sweet potatoes for roasting. Slice into rounds, about ½-inch thick. Add to a parchment or foil-line baking sheet, then drizzle with oil and season with salt and pepper. Toss to coat and combine. Spread out in an even layer on one half of the baking sheet. Set aside.

STEP 2 Pat chicken dry with paper towels to remove excess moisture. Remove skin, if preferred. Add to the remaining half of the baking sheet. Drizzle with oil and season with salt and pepper. Toss to coat and combine, then arrange in a single layer with space in between. Roast the potatoes and chicken for 15 minutes, then turn the potatoes. Divide the satay sauce into two portions. Use a spoon or a brush to cover the chicken with one portion of the satay sauce. Return the baking sheet to the oven. Continue roasting for another 10-15 minutes or until the potatoes are golden brown and fork tender. The chicken should reach an internal temperature of 165°F when measured at the thickest part.

STEP 3 While the chicken and potatoes are roasting, prepare the herbs and salad. Shave the apples and cucumber as thinly as possible; add to a mixing bowl. Roughly chop or tear the basil and cilantro; add to the mixing bowl. Combine with ginger-lime vinaigrette, salt and pepper to taste. Keep cool in the refrigerator.

STEP 4 To serve, slice the chicken into strips or bite sized pieces. Add roasted sweet potato to serving plates or bowl, then top with sliced chicken and drizzle with satay sauce. Finish with the apple-cucumber herb salad dressed in ginger-lime vinaigrette.

Enjoy!



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Chicken Satay & Ginger-Lime Sweet Potato Bowl

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

Greener Pastures Boneless Chicken Thighs, thawed
Farmhouse Kitchen Satay Sauce, stirred well before serving
Steelbow Farm Basil, leaves picked, washed and dried
Lakeside Organic Gardens Cilantro, leaves and tender stems picked, washed & rinsed well, dried
Fruitful Hill Farm Sweet Potato, washed and scrubbed, peeled (optional)
Top of Texas Co-Op Gala Apple, washed, peeled (optional), cored
Texas Farm Patch Cucumber, washed, ends trimmed, peeled (optional)
Farmhouse Kitchen Ginger-Lime Vinaigrette, stirred well before serving
Oil of choice
Salt and pepper

Preheat oven to 400°F degrees and arrange oven rack to middle position.

STEP 1 Prepare the sweet potatoes for roasting. Slice into rounds, about ½-inch thick. Add to a baking sheet, then drizzle with oil and season with salt and pepper. Toss to coat and combine. Spread out in an even layer on the baking sheet. Set aside.

STEP 2 Pat chicken dry with paper towels to remove excess moisture. Remove skin, if preferred. Add to a second parchment or foil-lined baking sheet. Drizzle with oil and season with salt and pepper. Toss to coat and combine, then arrange in a single layer with space in between. Roast the potatoes and chicken for 15 minutes, then turn the potatoes. Divide the satay sauce into two portions. Use a spoon or a brush to cover the chicken with one portion of the satay sauce. Return the baking sheet to the oven. Continue roasting for another 10-15 minutes or until the potatoes are golden brown and fork tender. The chicken should reach an internal temperature of 165°F when measured at the thickest part.

STEP 3 While the chicken and potatoes are roasting, prepare the herbs and salad. Shave the apples and cucumber as thinly as possible; add to a mixing bowl. Roughly chop or tear the basil and cilantro; add to the mixing bowl. Combine with ginger-lime vinaigrette, salt and pepper to taste. Keep cool in the refrigerator.

STEP 4 To serve, slice the chicken into strips or bite sized pieces. Add roasted sweet potato to serving plates or bowl, then top with sliced chicken and drizzle with satay sauce. Finish with the apple-cucumber herb salad dressed in ginger-lime vinaigrette.

Enjoy!



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

Boneless Chicken Thighs - 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, rice wine vinegar, sambal oelek, tamari, water)

Basil - Trim stems, store upright in a small glass of water and cover leaves with a small plastic bag. Store in a cool area in the kitchen and 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.

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

Gala Apple - Store in refrigerator crisper drawer. Use within 2 weeks.

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

Ginger-Lime Vinaigrette - Store in the refrigerator. Use within 5 days.

(Ingredients: jalapeno peppers, ginger, lime juice, rice wine vinegar, fish sauce, sugar, sunflower oil)

***Contains peanuts, fish or shellfish inclusive ingredients.**

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