

Week of 11/15/21



Meal Kit Recipes

Garlic Herb Trout & Dill Roasted Potatoes

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

Riverence Steelhead Ruby Red Trout, thawed
Nature's Pride Certified Organic Yukon Gold Potatoes, washed and scrubbed, peeled (optional)
Earthbound Farms Certified Organic Arugula, washed and dried well
Coke Farm Certified Organic Dill, tough woody stems discarded, washed and dried well
Farmhouse Kitchen Lemon Garlic Herb Sauce
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 Chop the potatoes into large pieces, about 1 1/2-inch cubes. Roughly chop the dill and set aside. Add the potatoes to a baking sheet and drizzle with oil. Season with salt and pepper, then toss to combine and coat. Roast in the preheated oven for 20-25 minutes turning midway. The potatoes should be golden brown on the outside and fork tender on the inside. Toss the hot, crispy potatoes with fresh chopped dill and season with salt and pepper to taste.

STEP 2 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 1 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 minute. The internal temperature of the trout should reach 145°F when cooked through. Transfer to a clean plate skin side up to keep it crisp.

STEP 3 Return the pan over medium heat and add the lemon garlic herb sauce. Bring to just a rapid simmer, then reduce heat to low. Add the compound butter and swirl the pan to melt the butter, incorporating it with the sauce. Turn off the heat and season with salt and pepper to taste.

STEP 4 Spoon the lemon garlic herb sauce over the trout and top with arugula. Serve with a side of crispy dill potatoes.

Enjoy!



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Garlic Herb Trout & Dill Roasted Potatoes

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

Riverence Steelhead Ruby Red Trout, thawed
Nature's Pride Certified Organic Yukon Gold Potatoes, washed and scrubbed, peeled (optional)
Earthbound Farms Certified Organic Arugula, washed and dried well
Coke Farm Certified Organic Dill, tough woody stems discarded, washed and dried well
Farmhouse Kitchen Lemon Garlic Herb Sauce
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 Chop the potatoes into large pieces, about 1 1/2-inch cubes. Roughly chop the dill and set aside. Add the potatoes to a baking sheet and drizzle with oil. Season with salt and pepper, then toss to combine and coat. Roast in the preheated oven for 20-25 minutes turning midway. The potatoes should be golden brown on the outside and fork tender on the inside. Toss the hot, crispy potatoes with fresh chopped dill and season with salt and pepper to taste.

STEP 2 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 1 tbsp. oil and swirl to coat the bottom of the pan. Working in batches to avoid overcrowding 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 minute. The internal temperature of the trout should reach 145°F when cooked through. Transfer to a clean plate skin side up to keep it crisp.

STEP 3 Return the pan over medium heat and add the lemon garlic herb sauce. Bring to just a rapid simmer, then reduce heat to low. Add the compound butter and swirl the pan to melt the butter, incorporating it with the sauce. Turn off the heat and season with salt and pepper to taste.

STEP 4 Spoon the lemon garlic herb sauce over the trout and top with arugula. Serve with a side of crispy dill potatoes.

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.

Lemon Garlic Herb Sauce - Store in the refrigerator. Use within 5 days.

(Ingredients: roasted garlic, lemon juice, water, parsley, chive, mint, tarragon, salt, pepper)

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

(Ingredients: butter, roasted garlic, parsley, salt)

Dill - Wrap in a paper towel. Store in the refrigerator for up to 5 days.

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

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

***Contains dairy and fish inclusive ingredients.**

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



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Burmese Chicken Stir Fry with Mint

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

Greener Pastures Certified Organic Ground Chicken, thawed
Bay Area Herbs Certified Organic Mint, washed & rinsed well, dried
Lakeside Organic Gardens Cilantro, washed & rinsed well, dried
Cal-Organic Carrots, washed, ends trimmed, peeled (optional)
Gundermann Acres Baby Bok Choy, leaves separated, washed & rinsed well
Farmhouse Kitchen Stir Fry Sauce
Lundberg Family Farms White Rice
Oil of choice
Salt and pepper

STEP 1 Rinse the rice in a fine mesh strainer under cold water until the water runs clear. Bring 3/4 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, prepare the vegetables and herbs. Slice the carrots into 1/4-inch thick matchsticks or half moons. Chop the bok choy stem and leaves into approximately 1-inch pieces. Pick the mint and cilantro leaves. Set aside.

STEP 3 Heat a wok or large saute pan over medium-high with 1 tbsp. oil. When the oil begins to shimmer, add the ground chicken and break it up into small crumbles. Saute the chicken for about 8 minutes or until light brown and cooked through.

STEP 4 Next, add the carrots and bok choy stems. Saute for 3 minutes just until crisp tender, then reduce heat to medium-low. Add the stir fry sauce and bok choy leaves. Stir to coat and combine, wilting the bok choy leaves. Season with salt and pepper to taste. Remove from heat.

STEP 5 Tear or roughly chop the cilantro and mint leaves and toss them into the stir fry or reserve for garnishing. Serve the Burmese chicken stir fry over rice.

Enjoy!



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Burmese Chicken Stir Fry with Mint

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

Greener Pastures Certified Organic Ground Chicken, thawed
Bay Area Herbs Certified Organic Mint, washed & rinsed well, dried
Lakeside Organic Gardens Cilantro, washed & rinsed well, dried
Cal-Organic Carrots, washed, ends trimmed, peeled (optional)
Gundermann Acres Baby Bok Choy, leaves separated, washed & rinsed well
Farmhouse Kitchen Stir Fry Sauce
Lundberg Family Farms White Rice
Oil of choice
Salt and pepper

STEP 1 Rinse the rice in a fine mesh strainer under cold water until the water runs clear. Bring 1 ½ cup 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, prepare the vegetables and herbs. Slice the carrots into ¼-inch thick matchsticks or half moons. Chop the bok choy stem and leaves into approximately 1-inch pieces. Pick the mint and cilantro leaves. Set aside.

STEP 3 Heat a wok or large saute pan over medium-high with 1-2 tbsp. oil. When the oil begins to shimmer, add the ground chicken and break it up into small crumbles. Saute the chicken for about 8 minutes or until light brown and cooked through.

STEP 4 Next, add the carrots and bok choy stems. Saute for 3 minutes just until crisp tender, then reduce heat to medium-low. Add the stir fry sauce and bok choy leaves. Stir to coat and combine, wilting the bok choy leaves. Season with salt and pepper to taste. Remove from heat.

STEP 5 Tear or roughly chop the cilantro and mint leaves and toss them into the stir fry or reserve for garnishing. Serve the Burmese chicken stir fry over rice.

Enjoy!



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

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

Mint - 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.

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.

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

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

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

Stir Fry Sauce - Store in the refrigerator. Use within 5 days.

(Ingredients: roasted garlic, ginger, jalapeno, black mustard seed, cumin, sugar, fish sauce, tamari, water, cilantro, mint, lime juice, pepper)

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

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



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Bratwurst with Apples & Smoky Dijon Braised Cabbage

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

Farmhouse Kitchen Pork Bratwurst Sausage, thawed
Texas Farm Red Cabbage, outer leaves and core discarded, washed
Top of Texas Fuji Apples, washed and cored, peeled (optional)
Farmhouse Kitchen Smoky Dijon Sauce
Nature's Pride Certified Organic Yukon Gold Potatoes, washed & scrubbed, peeled (optional)
Farmhouse Kitchen Roasted Garlic Butter
Oil of choice
Salt and pepper
Optional: Milk, cream, or broth

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

STEP 1 Chop potatoes into cubes, about 1-inch, and add to a saucepan. Cover the potatoes with water by 1 to 2 inches. Add a big pinch of salt and bring to a boil. Reduce heat to medium-high and cook potatoes for 12-15 minutes or until tender and easily pierced with a fork. Drain well, then return to the saucepan. Add roasted garlic butter and mash to desired consistency. Season with salt and pepper to taste, and adjust with milk, cream or chicken broth, if desired. Cover to keep warm until ready to serve.

STEP 2 Meanwhile, chop the red cabbage into thin ribbons and slice the apples into thick wedges, about 1-inch. Heat a large, oven-proof saute pan or skillet over medium with 1 tbsp. oil. When the oil shimmers, add the bratwurst and allow them to brown, about 3 minutes per side. Transfer par-cooked bratwurst to a clean plate, then add the apples. Lightly brown the apples, about 1 minute per side, and transfer to the plate with bratwurst.

STEP 3 Next, add the sliced cabbage. Season with salt and pepper, and saute for 3-4 minutes until lightly wilted and brown. Add a splash of water (about ¼ cup) and stir to lift any caramelized bits that will have developed at the bottom of the pan, then add the smoky dijon sauce. Stir to combine. Nestle the bratwurst and apples on top of the cabbage. Cover the pan with a lid or foil, and roast in the preheated oven for 12-15 minutes or until the internal temperature of the sausage reaches 160°F. Season cabbage and apples with salt and pepper to taste.

STEP 4 Serve the bratwurst sausages and apples over a bed of smoky dijon braised red cabbage with a side of buttery mashed potatoes.

Enjoy!



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Bratwurst with Apples & Smoky Dijon Braised Cabbage

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

Farmhouse Kitchen Pork Bratwurst Sausage, thawed
Texas Farm Red Cabbage, outer leaves and core discarded, washed
Top of Texas Fuji Apples, washed and cored, peeled (optional)
Farmhouse Kitchen Smoky Dijon Sauce
Nature's Pride Certified Organic Yukon Gold Potatoes, washed & scrubbed, peeled (optional)
Farmhouse Kitchen Roasted Garlic Butter
Oil of choice
Salt and pepper
Optional: Milk, cream, or broth

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

STEP 1 Chop potatoes into cubes, about 1-inch, and add to a saucepan. Cover the potatoes with water by 1 to 2 inches. Add a big pinch of salt and bring to a boil. Reduce heat to medium-high and cook potatoes for 12-15 minutes or until tender and easily pierced with a fork. Drain well, then return to the saucepan. Add roasted garlic butter and mash to desired consistency. Season with salt and pepper to taste, and adjust with milk, cream or chicken broth, if desired. Cover to keep warm until ready to serve.

STEP 2 Meanwhile, chop the red cabbage into thin ribbons and slice the apples into thick wedges, about 1-inch. Heat a large, oven-proof saute pan or skillet over medium with 1 tbsp. oil. When the oil shimmers, add the bratwurst and allow them to brown, about 3 minutes per side. Transfer par-cooked bratwurst to a clean plate, then add the apples. Lightly brown the apples, about 1 minute per side, and transfer to the plate with bratwurst.

STEP 3 Next, add the sliced cabbage. Season with salt and pepper, and saute for 3-4 minutes until lightly wilted and brown. Add a splash of water (about 1/2 cup) and stir to lift any caramelized bits that will have developed at the bottom of the pan, then add the smoky dijon sauce. Stir to combine. Nestle the bratwurst and apples on top of the cabbage. Cover the pan with a lid or foil, and roast in the preheated oven for 12-15 minutes or until the internal temperature of the sausage reaches 160°F. Season cabbage and apples with salt and pepper to taste.

STEP 4 Serve the bratwurst sausages and apples over a bed of smoky dijon braised red cabbage with a side of buttery mashed potatoes.

Enjoy!



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STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

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

(Ingredients: pasture-raised pork, salt, ground nutmeg, ground white pepper, ground marjoram, ground mace, ground ginger, non-fat milk powder, dry mustard)

Red Cabbage - Store in the refrigerator. Use within 5 days.

Apples- Store in refrigerator crisper drawer. Use within 2 weeks.

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

Roasted Garlic Butter - Store in the refrigerator. Use within 5 days.

(Ingredients: butter, roasted garlic, salt)

Smoky Dijon Sauce - Store in the refrigerator. Use within 5 days.

(Ingredients: Dijon mustard, apple cider vinegar, ketchup, brown sugar, tamari, hot sauce, smoked paprika, salt, pepper, sunflower oil)

***Contains dairy inclusive ingredients.**

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Beet & Blue Cheese Harvest Salad with Minestrone

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

Farmhouse Kitchen Farro Minestrone Soup, thawed
Jayleaf Specialties Certified Organic Spring Lettuce Mix, washed and dried well
Gundermann Acres Beets, washed, ends trimmed and peeled
Fruitful Hill Farm Watermelon Radish, leaves discarded, washed, peeled (optional)
Top of Texas Fuji Apples, washed, cored
AustiNuts Pecans
Mozzarella Company Deep Ellum Blue Cheese
Farmhouse Kitchen Apple Vinaigrette, stirred well before use
Oil of choice
Salt and pepper

NOTE: You can prepare ahead by roasting and dressing the beets per Step 1. Cool completely before storing in an airtight container in the refrigerator. Use within 5 days.

STEP 1 Preheat oven to 400°F degrees and adjust the oven rack to the middle and top positions. Prepare the beets. Chop the peeled beets into small pieces, about 1-inch cubes. Add to a foil lined baking sheet and toss with oil, salt and pepper. Roast for 20-25 minutes or until tender, turning once with a spatula. To check for doneness, insert a paring knife into the center of the beet. If the knife slides in easily without resistance, the beet is cooked through and tender. Remove from the oven and transfer to a bowl. Immediately drizzle with about 1/3 of the apple vinaigrette and season with salt and pepper. Toss to coat and set aside to cool.

STEP 2 Add the pecans to a small baking tray. Roast the pecans for 6-8 minutes or until lightly golden and fragrant. Let cool, then roughly chop and set aside.

STEP 3 Warm the farro minestrone soup over medium-low heat. Stir occasionally to prevent scorching. Taste and adjust with water, if desired (1/4 - 1/2 cup), and season with salt and pepper. Cover to keep warm until ready to serve.

STEP 4 Prepare the remaining vegetables. Thinly slice the radishes. Chop the apples into small cubes or wedges. Combine the lettuce mix, apples and radishes in a large bowl.

STEP 5 Immediately before serving, drizzle the remaining apple vinaigrette over the salad. Toss to coat and season with salt and pepper to taste. Add the dressed salad to serving plates and top with roasted beets, crumbled blue cheese, and roasted pecans. Serve with farro minestrone soup.

Enjoy!



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Beet & Blue Cheese Harvest Salad with Minestrone

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

Farmhouse Kitchen Farro Minestrone Soup, thawed
Jayleaf Specialties Certified Organic Spring Lettuce Mix, washed and dried well
Gundermann Acres Beets, washed, ends trimmed and peeled
Fruitful Hill Farm Watermelon Radish, leaves discarded, washed, peeled (optional)
Top of Texas Fuji Apples, washed, cored
AustiNuts Pecans
Mozzarella Company Deep Ellum Blue Cheese
Farmhouse Kitchen Apple Vinaigrette, stirred well before use
Oil of choice
Salt and pepper

NOTE: You can prepare ahead by roasting and dressing the beets per Step 1. Cool completely before storing in an airtight container in the refrigerator. Use within 5 days.

STEP 1 Preheat oven to 400°F degrees and adjust the oven rack to the middle and top positions. Prepare the beets. Chop the peeled beets into small pieces, about 1-inch cubes. Add to a foil lined baking sheet and toss with oil, salt and pepper. Roast for 20-25 minutes or until tender, turning once with a spatula. To check for doneness, insert a paring knife into the center of the beet. If the knife slides in easily without resistance, the beet is cooked through and tender. Remove from the oven and transfer to a bowl. Immediately drizzle with about 1/3 of the apple vinaigrette and season with salt and pepper. Toss to coat and set aside to cool.

STEP 2 Add the pecans to a small baking tray. Roast the pecans for 6-8 minutes or until lightly golden and fragrant. Let cool, then roughly chop and set aside.

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STEP 4 Prepare the remaining vegetables. Thinly slice the radishes. Chop the apples into small cubes or wedges. Combine the lettuce mix, apples and radishes in a large bowl.

STEP 5 Immediately before serving, drizzle the remaining apple vinaigrette over the salad. Toss to coat and season with salt and pepper to taste. Add the dressed salad to serving plates and top with roasted beets, crumbled blue cheese, and roasted pecans. Serve with farro minestrone soup.

Enjoy!



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STORAGE & PROCEDURE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

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

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

Farro Minestrone Soup - Keep frozen until 24-48 hrs before ready to use. Thaw in the refrigerator overnight.

(Ingredients: farro, onion, celery, carrot, green beans, thyme, rosemary, tomatoes, parmesan cheese, vegetable stock, salt, pepper)

Fuji Apples - Store in the refrigerator. Use within 5 days.

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

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

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

(Ingredients: apples, apple cider vinegar, dijon mustard, sunflower oil, salt, pepper)

Pecans - Store in a cool, dry place. Use within 5 days.

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

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