

THINK VEG BOX • THINK AUSTEN'S PREMIUM



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VEG BOX CONTENTS & RECIPES FOR WEEK COMMENCING 4TH NOVEMBER 2024



EAT LOCAL • LIVE BETTER

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VEG BOX CONTENTS

BOX SIZE & CONTENTS	SMALL BOX	MEDIUM BOX	LARGE BOX	WHERE IT IS GROWN	STORAGE INSTRUCTIONS
LOCAL COX APPLES	√	√	√	COXHEATH	ROOM TEMPERATURE
ORANGES	√	√	√	SPAIN	ROOM TEMPERATURE
BANANAS	√	√	√	COSTA RICA	ROOM TEMPERATURE
LOCAL KING EDWARD POTATOES	√	√	√	BIRCHINGTON	COOL, DRY PLACE
LOCAL SQUASH	√	√	√	HOO	ROOM TEMPERATURE
ENGLISH BROCCOLI	√	√	√	LINCS	REFRIGERATE
ENGLISH BUNCHED CARROTS	√	√	√	LANCS	REFRIGERATE
COURGETTES	√	√	√	SPAIN	REFRIGERATE
LOCAL PARSNIPS	X	√	√	ASH	REFRIGERATE
LOCAL BABY SPINACH	X	√	√	WEST MALLING	REFRIGERATE
LOCAL CELERIAC	X	X	√	THANET	REFRIGERATE
ENGLISH BROWN ONIONS	X	X	√	LINCS	COOL, DARK PLACE

SPICY CARROT & POTATO SOUP



Moderate



25 minutes



Side



04-06 Servings

INGREDIENTS

5 cups of carrots cubed
2 cups of potatoes cubed
1 tbsp + 1 tsp butter
½ tsp ground cumin
½ tsp ground coriander
½ tsp chilli powder to taste
1 tsp freshly cracked black pepper
½ tsp sugar
Salt to taste



COOKING STEPS

Peel and cube the potatoes and carrots.

Place the cubed vegetables in a large heavy bottomed pan and fry for 5 minutes or until softened slightly. Sprinkle over the spices and cook for a further minute.

Add 1 tbsp butter and enough water to submerge the vegetables, cook on a low heat until the vegetables are tender.

Once the vegetables are done, if you have a stick blender, blend the vegetables while they are still hot into a soft mush. You can leave some small chunks of vegetables if you'd like some texture in the soup. If using a regular blender, wait until the vegetables are cool before blending.

Add water and adjust to your desired consistency. Bring to boil and add salt, sugar, and freshly cracked black pepper. There's no need to simmer the soup for too long. Serve hot with more black pepper.

ROASTED SQUASH ORZO



Moderate



45 minutes



Starter/Side



04-06 Servings

INGREDIENTS

1 medium squash, peeled, seeded and diced
1 tablespoon olive oil
½ teaspoon kosher salt
½ teaspoon black pepper
1 tablespoon butter
1 tablespoon olive oil
1 large onion, diced
2 cloves garlic, finely chopped
1½ cups orzo pasta
2 teaspoons fresh sage, chopped (optional)
1 teaspoon sea salt
½ teaspoon black pepper
½ teaspoon ground nutmeg
3 cups vegetable stock
1 cup parmesan
Fresh Thyme for garnish (optional)



COOKING STEPS

Preheat your oven to 400°F (200°C). Place the diced squash on a baking sheet and drizzle with olive oil. Season with salt and black pepper. Toss to coat evenly. Roast in the preheated oven for 25-30 minutes or until the squash is tender and slightly caramelized on the edges. Once roasted, set HALF of the squash aside and transfer the other half to a blender or food processor. Puree until smooth (add a tablespoon or two of stock if needed). Set aside. Keep the remaining roasted butternut squash in pieces and set aside.

In a large pan, melt the butter and olive oil over medium heat. Add the diced onion and cook for about 2-3 minutes, or until it becomes translucent. Add the finely chopped garlic and cook for an additional 1 minute, stirring frequently to prevent burning. Stir in the orzo pasta, ensuring it is coated with the butter, oil, onions, and garlic. Toast the orzo for about 2 minutes, stirring constantly.

Sprinkle the chopped fresh sage, salt, black pepper and ground nutmeg over the orzo. Stir to combine. Pour in the vegetable stock, bringing the mixture to a simmer. Reduce the heat to low and cover the pan. Let the orzo cook for 10-12 minutes, stirring occasionally, until the liquid is absorbed and the orzo is tender.

Once the orzo is cooked, stir in the squash puree, mixing until combined and creamy. Gently fold in the roasted squash pieces to add texture. Remove the pan from the heat and stir in the freshly grated parmesan until melted and creamy.

Serve the creamy squash orzo warm, garnished with additional sage or cheese if desired.

CHEESY COURGETTE FRITTERS



Moderate



25 minutes



Lunch/Side



04 Servings

INGREDIENTS

1 medium courgette, grated
200g feta/cheddar, finely crumbled
2 large eggs large
100g Plain Flour
1 teaspoon garlic granules/powder
2 tablespoons of any fresh herbs
1 teaspoon dried oregano
1 tablespoon olive oil



COOKING STEPS

Place the grated courgette in a sieve over the sink for 10 minutes to allow excess water to drain out. Pat dry and continue with the recipe. You don't want to squeeze out all of the water as a little moisture helps the mixture bind together.

Put all of the ingredients (except the olive oil) in a large bowl and mix together with a wooden spoon.

Heat the oil in a large frying pan and spoon heaped tablespoons of the mixture into the pan and fry for 3 minutes (or until golden and crispy). You will need to do this in batches.

Flip the fritters after about 3 minutes and cook on the other side for 2-3 minutes. Remove to a plate whilst you fry the remaining fritters.

Serve immediately.

CAPRESE STUFFED CHICKEN WITH SPINACH



Moderate



45 minutes



Main



04 Servings

INGREDIENTS

4 boneless, skinless chicken breasts
200g baby spinach
1 cup drained oil-packed sun-dried tomatoes, oil reserved
4 slices fresh mozzarella, or 150g grated
1½ tbsp Italian seasoning
kosher or sea salt
freshly ground black pepper

COOKING STEPS

Preheat oven to 400°.

On a work surface, cut a pocket into the thickest side of the chicken breasts, being sure not to cut all the way through. Stuff each with spinach, tomatoes and their oil and mozzarella. Season chicken all over with Italian seasoning, salt and pepper. Secure with toothpicks.

In a large heatproof pan over medium-high heat, heat reserved tomato oil. Sear the chicken until golden brown, about 3 minutes per side.

Transfer the pan to the oven and bake until no longer pink, about 15 minutes.

Remove the toothpicks. Arrange the chicken on a platter. Pour the pan juices over. Eat immediately.



STICKY ORANGE BANANA BREAD



Moderate



50 minutes



Dessert/Snack



1 loaf

INGREDIENTS

3 ripe bananas
75g sunflower or olive oil
100g brown sugar
2 oranges, zested
225g self raising flour
2 large tsp baking powder

Glaze:

100g icing sugar
1 orange, zested
2 tsp water

To decorate:

1 orange, sliced
2 tbsp granola or seeds, optional



COOKING STEPS

Preheat the oven to 160 Fan/180C and line a baking loaf tin with parchment paper.

Mash the bananas in a large mixing bowl and stir in the sunflower/olive oil, sugar and orange zest.

Fold in the flour and baking powder and stir to combine. Pour into the lined loaf tin.

Bake for 35-40 minutes or until an inserted skewer comes out clean. Cover the loaf with some foil if it is starting to darken on top.

Allow to cool in the tin for 10 minutes before transferring to a wire rack and cooling fully.

Make the topping by stirring together all the ingredients to a thick glaze.

Pour the glaze over the cooled cake and decorate with the orange slices and granola or seeds, if using. Store in an airtight container for up to 5 days.

FRUITY CARAMEL BAKED COX APPLES



Moderate



30 minutes



Dessert



04 Servings

INGREDIENTS

3-4 russet apples
50g butter
50g brown sugar
2 handfuls dried fruit
1 zest of orange
2 tablespoons runny honey
1 tablespoon icing sugar
1 pinch mixed spice
1 splash brandy or whisky (optional)



COOKING STEPS

Preheat the oven to 180°C/350°F/gas 4. Carefully remove the core from the apples with a sharp knife or apple corer. Be careful not to split them in half. Place them on a baking tray.

Heat the butter and sugar in a small saucepan with the dried fruit, stem ginger and orange zest. Stir until the butter has melted and all the grains of sugar have disappeared. Pour the caramel mixture into the middle of the apples, drizzling any extra mixture over the top along with the honey. Bake the apples in the preheated oven for 20 minutes.

Meanwhile, whip the double cream with the icing sugar and mixed spice until you have soft peaks. Fold in the brandy or whisky for a bit of a kick if you like.

Serve each apple with a big spoonful of natural yoghurt, crème fraîche or cream and any leftover caramel juices from the tray

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