



# SIMPLE, FRESH FARM BOX MEALS

SEPT 2, 2024

*Simple recipes so we can eat well & support local agriculture*

## Roasted Eggplant Curry

### YOU'LL NEED

- 2 medium eggplants
- 3 tbs olive oil
- 2 tbs olive oil, for sautéing
- 1 large onion - chopped
- 1 red bell pepper - seeded and diced
- 2 tsp each, ground coriander, smoked paprika, ground turmeric
- 1 tsp garam masala OR use curry powder
- 3 cloves garlic - minced
- 2 tsp fresh ginger, grated \*or use 1/2 teaspoon ground ginger
- 14.5 oz can dice tomatoes
- 13.5 oz can full fat coconut milk
- 15 oz can chickpeas - drained and rinsed
- 1 tsp salt - or more to taste
- For Serving
- ½ C fresh chopped cilantro or parsley
- 4 C cooked white or brown rice

### ALL YOU HAVE TO DO

- Preheat oven to 400°F. Lightly oil a large rimmed baking sheet.
- Cut the tops off of the eggplant, then chop into 1in cubes. There is no need to peel the eggplant, unless you prefer to. Add the eggplant chunks to the baking sheet, and drizzle with 3 tbs of olive oil. Stir to coat the eggplant in the oil, then spread out and sprinkle with a salt. Bake for 25-30 minutes, until the eggplant is tender.
- In large skillet, add the 2 tbs of olive oil. Sauté the onion and red bell pepper for 4-5 minutes, until translucent and soft.
- Now stir in the spices: coriander, smoked paprika, turmeric and garam masala (or curry powder). If the mixture gets too dry, add a few tbs of water to de-glaze the pan a bit. Cook for about 1 minute, then add the garlic and ginger and cook for 1 more minute.
- To the skillet, add the canned diced tomatoes, coconut milk and chickpeas. Stir. Once the eggplant is done roasting, add to the skillet as well and stir in. Bring to a simmer, then reduce heat to low and cook for 15-20 minutes. Add salt to taste.
- Serve over cooked rice, fresh chopped cilantro/parsley and perhaps a side of vegan naan if desired.

## Grilled Romaine Salad

### YOU'LL NEED

- 4 slices bacon - cooked & crumbled
- ½ C seasoned breadcrumbs
- 1 tbs unsalted butter
- 3 garlic clove -minced
- 4 stalks romaine lettuce - sliced in half
- olive oil - for brushing
- kosher salt & pepper
- 1 C grape tomatoes - quartered or halved
- ½ C ranch dressing
- ¼ C crumbled blue cheese
- 2 tbs chopped fresh chives

### ALL YOU HAVE TO DO

- Preheat the grill/cast iron to high heat.
- Fry the bacon and place it on a paper towel lined plate to remove excess grease.
- Toast the breadcrumbs, melt butter in a nonstick skillet. Add the breadcrumbs and garlic and stir to coat, then cook for 5-6 minutes, stirring often, until golden and fragrant. Remove from the heat.
- Brush the cut sides of the romaine with olive oil. Sprinkle all over generously with salt and pepper. When the grill is hot, reduce the heat to medium. Place the romaine stalks on the grill, cut side down. Grill for 1 to 2 minutes, until the lettuce becomes charred, then flip over and grill for an additional 1 minute. Remove the romaine from the grill.
- You can serve the romaine family style on a large plate or 1 or 2 stalks on a plate. Drizzle the romaine all over with the ranch dressing - as much as you'd like. Top with the tomatoes, crumbled bacon, blue cheese crumbles and fresh chives. Sprinkle the toasted breadcrumbs all over.
- Serve immediately!

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