

5/17/2022

MAIN ENTRÉE OPTIONS (SELECT AT LEAST ONE)

Dish	Cooking Instructions	Mix & Match Suggestions
<p>Shawarma roast chicken with shallots & lemons (Full orders= 1 whole chicken cut into pieces OR 4 chicken breasts. Half orders = 1/2 chicken cut into pieces OR 2 chicken breasts. Dairy-free available.)</p>	<p>Best warm. Preheat the oven to 350 degrees, cover Pyrex w/foil and cook for 10 minutes or until hot to your liking. You can also slice or dice the chicken and give it a quick pan fry in a hot skillet with a splash of olive oil. Season to taste.</p>	<p>Yogurt is a common marinade throughout the Levant region. Not only does it act as a tenderizer, but it also creates a crust on the meat and carries the flavor of the spices (here, those are the shawarma heavy-hitters like cumin, coriander, and turmeric). The chicken marinates for 12 hours in the fridge, which makes it exceedingly moist and juicy. Roasting the bird alongside halved shallots and sliced lemons means you get jammy and crispy accompanying bites built right in, cooked in the rich chicken juices. Try it for dinner with a side of roasted carrots and tabouli. Take leftovers for lunch with the green salad or cauliflower.</p>
<p>AND/OR</p> <p>Cumin roasted salmon w/ lemon & cilantro sauce (Full orders = 4 fillets. Single orders = 2 fillets. Please eat within the first few days of delivery for optimal freshness.)</p>	<p>Preheat the oven to 350 degrees. Season salmon with salt and pepper and place in a baking dish or on a rimmed baking sheet. Drizzle salmon with spiced olive oil mixture, transfer to the oven, and roast until fish is opaque and just cooked through, 15 to 18 minutes. Remove salmon from the oven and spoon cilantro sauce over the top. Serve with lemon wedges on the side.</p>	<p>Roasting fish fillets might seem like a weekend-only treat, but cooking salmon this way is a luxury you should allow yourself on any old Tuesday, as it requires no additional preparation or skill. Be sure to slather the vinegary herb sauce on the still-warm salmon to enable the warm spices and fresh herbs to get to know each other better. Serve the salmon with roasted cauliflower and carrots for dinner. Take leftovers for lunch with a side of green salad or tabouli.</p>
<p>AND/OR</p> <p>Shawarma-spiced tofu pita wraps w/ Persian cucumbers & garlicky yogurt or tahini sauce for the dairy-free (Full orders = 2 lbs of tofu. Single orders = 1 lbs of tofu. Lettuce wraps for the grain-free)</p>	<p>You can give the tofu a quick blast in the microwave or pan fry on the stove to heat if desired. Spread yogurt or tahini sauce on a pita or lettuce leaf, followed by tofu, Persian cucumbers, and fresh herbs.</p>	<p>Yum! This tasty little number is a sure-fire crowd-pleaser. Squeezing the tofu to rid it of as much water as possible primes it to soak up oil, spices, and in a word - flavor. It's marinated overnight and then roasted in a hot oven. Serve it for dinner with a side of tabouli and roasted carrots. Take leftovers for lunch with the cauliflower or salad.</p>

PLUS SIDES ON NEXT PAGE

PLEASE FILL OUT THE DISH RETURN FORM BELOW AND PUT IT IN YOUR COOLER. COOLERS, WASHED DISHES, AND ICE PACKS WILL BE PICKED UP ON TUESDAY AFTER 10:30AM. We need a full set of dishes each week, so please transfer your food to your own containers when necessary. Please put lids on the containers to prevent chipping in transit. We pick up on Tuesdays regardless of whether you order or not. Thank you!

	DISH	QUANTITY RETURNED
NAME: _____	11 CUP RECTANGLE	_____
	7 CUP ROUND	_____
	6 CUP RECTANGLE	_____
	4 CUP ROUND	_____
	3 CUP RECTANGLE	_____
	BALL JARS	_____
	ICE PACKS	_____

ACCOMPANYING SIDES

(DELIVERIES COME WITH ALL FIVE. UPSIZE ON REQUEST)

Greek roasted cauliflower w/ spicy tahini (6 cup Pyrex.
Select ingredients omitted on request)

Best warm. Nuke in the microwave or cook in a 400-degree oven for 10 minutes. Scatter parsley on top as desired and serve with tahini sauce.

In this vegetarian take on shawarma, the usual spiced lamb, chicken, or turkey is replaced with cauliflower florets and onion wedges that have been tossed with a classic combination of cumin, paprika, and coriander, then roasted until browned, fragrant, and very tender. A hot sauce-spiked tahini served alongside lends creaminess and heat. Try it for dinner with a side of tabouli and the main entree or serve it for lunch with the carrots or beet salad. You can also tuck it into a flatbread with a few cucumbers and tomatoes for a portable option.

Moosewood Cookbook's classic tabouli salad w/cracked wheat, tomatoes, parsley, mint, scallions, garlic, lemon & olive oil (4 cup Pyrex. Select ingredients omitted on request. Cauliflower rice available.)

Best room temp or cold. Give the salad a good stir and season with salt and pepper to taste. I like to crumble a little feta on mine, if you do too, steal some from your salad.

Every once in a while, I must revisit the foods of my 70's childhood. My mom was a big health nut, and the Moosewood Cookbook was a permanent fixture in our kitchen. This tabouli is probably my favorite recipe in the book. Serve it for dinner with a side of the main entree and roasted carrots. Take it as a grab and go lunch with a side of cauliflower or soup.

Spiced roasted carrots w/date & herb salad (3 cup Pyrex.
Select ingredients omitted on request. Herbs packaged on the side for use on all dishes.)

Best warm. Give the carrots a quick blast in the microwave or cook in a 400-degree oven for 10 minutes. Toss red onion, dates, jalapeños, and herbs with dressing to coat. Serve over plain Greek yogurt if desired.

These carrots get their crisp-tender texture from high-heat roasting and their earthy flavor from the Greek-style spice blend. Dates add sweetness and chew to the herby, spicy salad that goes on top. Try it for dinner with the tabouli and roasted cauliflower for a deluxe vegetarian feast or take it for lunch with a side of salad and a bit of chicken, fish, or tofu.

Roasted golden beet salad w/Gotham Greens, feta, toasted pistachios, & lemon-honey vinaigrette (7 cup Pyrex. Select ingredients omitted on request. Beet sub on request.)

Best cold. Arrange beets, arugula, feta, and pistachios on a platter. Drizzle with dressing and season with salt and pepper to taste. Pistachios are packed separately in your cooler.

Thanks to their sweet, earthy flavor, roasted golden beets are delicious on their own, but I like them even more when they're tossed into a salad. In this one, salty feta cheese balances out the beets' sweetness, toasted pistachios add crunch, and a drizzle of spiced lemon dressing adds zing. Toss in a couple of handfuls of arugula, and you've got an ideal spring lunch. It's colorful, fresh, satisfying, and packed with contrasting textures and flavors. Try it with the soup for lunch or as a side for the main entree for dinner.

Greek red lentil soup w/ rosemary & lemon (Full order = 1 quart. Half order = 1 pint.)

Best warm. Stir well and heat on the stove or in the microwave. Season to taste. Steal some feta from your salad and sprinkle on top if desired.

This soup has been a reliable comfort food for me for years and has gotten me through many long days and rainy nights. Like so many other vegetarian recipes I adore, it's from the Rebar Modern Food Cookbook. Packed with protein and iron-rich lentils, tart lemon juice, and rosemary, this soup is a perfect lunch or dinner treat. Try it with any of the salads on the menu for a quick and tasty meal.

Heads up! We will be closed on the week of Memorial Day and won't be offering delivery on Tuesday, May 31.

*Notes: This food is carefully cooked and packaged in a facility that uses nuts, wheat, and soy. * Pyrex can be put in a pre-heated oven up to 400 degrees. Do not put under the broiler. Place on soft hot pads or silicone once you remove it from the oven. Never put Pyrex on a hot burner. It will explode. Plastic lids cannot go in the oven. * Pyrex is also freezer safe but make sure to thaw and bring the dish to room temp before popping it in the oven. Extreme temperature changes can cause it to crack. * Salad dressings that have congealed in the refrigerator can be nuked for 5-10 seconds to liquefy. * Most dishes are better if you cover them with saran wrap before microwaving. It prevents them from drying out. * Salad dressings, and most soups, benefit from a good stir or shake before serving. * Eat seafood within the first few days of delivery for optimum freshness * You can freeze wide-mouth Ball jars as long as there is 1" of headspace at the top of the jar. Thaw gradually in the refrigerator. * Please wash your empty dishes before loading them into the cooler. Stack rectangular dishes together and round dishes together when possible. Put lids ON dishes to prevent chipping. Place defrosted ice packs on the bottom. * Thank you! Jennifer@Littlepinkkitchen.com, 303-725-3836.*