

1/19/2021

MAIN ENTRÉE OPTIONS (SELECT AT LEAST ONE)

| Dish | Cooking Instructions | Mix & Match Suggestions |
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| Herb-marinated pork tenderloin w/lemon & garlic | Serve warm. Cover Pyrex w/ foil and cook in a preheated 350-degree oven for 10-15 minutes. You can also slice the meat and give it a quick pan sear in a hot skillet with a little olive oil. | Known as the "other white meat," this lean cut of pork is deeply flavored with garlic, lemon, mustard, rosemary, and thyme. Serve it for dinner with a side of twice roasted squash and braised Brussels sprouts, or take it for lunch with a side of kale salad or cassoulet. |
| AND/OR Rosemary-roasted salmon w/ lemons & red onions (select ingredients omitted on request) | Preheat oven to 500-degrees. Arrange a few rosemary sprigs in the center of a heavy baking sheet (DO NOT USE PYREX). Arrange sliced red onion atop rosemary. Place salmon, skin side down, atop red onion. Rub fish with olive oil and sprinkle with salt and pepper. Arrange rosemary and lemon slices over fish. Drizzle two tablespoons of olive oil over the lemons and fish. Sprinkle lemon slices with salt. Roast salmon until just cooked through, about 12-15 minutes. Transfer salmon to plates. Serve with roasted onions and lemon slices. | Here's a beautiful, easy main course. Try it with the kale salad and roasted squash for dinner, or take it with the Brussels sprouts and cassoulet for lunch. |
| AND/OR Boneless skinless chicken breasts w/lemon & rosemary | Hot, cold, or room temp. Cover Pyrex w/ foil and cook in a preheated 400-degree oven for 10-15 minutes until hot to your liking. | Boneless chicken breasts suffer a bad reputation, owing in large part to their propensity to dry out. The solution here is a lovely bath in olive oil, white wine, and lemon, which seasons and tenderizes the chicken. Try the chicken with a side of Brussels sprouts and roasted squash for dinner. Take leftovers with the cassoulet or kale salad for lunch. |
| AND/OR Rosemary-lemon baked tofu on a bed of spinach. | Best warm. Give this a quick blast in the microwave or a pan-fry in a hot skillet. | Baking tofu is a wonderful way for it to soak up all of the delicious flavors from the marinade. Here, the bright, lemony, rosemary infusion makes a perfect pairing for the winter crunch kale salad and a cup of soup or the squash and Brussels sprouts. |

PLUS SIDES ON NEXT PAGE

ACCOMPANYING SIDES
(DELIVERIES COME WITH ALL FIVE. UPSIZE ON REQUEST)

| Dish | Cooking Instructions | Mix & Match Suggestions |
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| Twice roasted kabocha squash w/parmesan butter, mixed grains, & toasted pepitas (Select ingredients subbed or omitted on request) | Best warm. Nuke squash in the microwave and mash parmesan butter into the warm flesh. Place squash on a sheet pan and roast in a preheated 450-degree oven for 10-12 minutes or until the top of the flesh is beginning to brown. While the squash is roasting, bring grain salad to room temperature by giving it a quick blast in the microwave. Arrange warm squash on a platter and spoon the grain mixture over. Top with shaved parmesan. | Slowly roasting whole, skin-on winter squash until it's buttery soft means you can break it open with a spoon and fill it with deliciousness. Here, you smash the tender flesh with butter, parmesan, & lemon juice (or olive oil & vegan cashew "parmesan" for the dairy-free) and refill the shells to roast a second time before topping with mixed grains. Farro & red quinoa flecked with scallions, golden raisins, toasted pumpkin seeds, and a lemon vinaigrette give the dish terrific texture and tremendous flavor. Try it with the main entree and a side of Brussel sprouts for dinner. Take leftovers with the kale salad or cassoulet for lunch. |
| White bean & winter vegetable cassoulet (Select ingredients subbed or omitted on request) | Best warm. Preheat oven to 350 degrees. Cook until golden and bubbling, about 25 minutes. If you are in a rush, you can also blast this dish in the microwave or cook it on the stovetop. | If there's anything I like on a cold winter night, it's a rib-sticking, bubbling dish of stewed white beans and farm fresh vegetables. Lightly caramelizing the vegetables in olive oil adds some depth of flavor to the dish that's further intensified with an Italian-inspired combination of garlic, fennel seed, chile flakes, rosemary, and tomatoes. The vegetarian cassoulet is hearty enough to eat on its own, especially with a side of salad. Or, you can serve it as a side for the main dish or roasted squash for dinner or lunch. |
| Dijon-braised Brussels sprouts (Select ingredients subbed or omitted on request) | Best warm. Place sprouts in a skillet. Add the shallot/wine/stock mixture provided, bring to a simmer & cook until they are tender and can be pierced easily with a knife. About 15 minutes. Remove lid, and scoop Brussels out, leaving the sauce behind. Add cream & mustard sauce provided (cream omitted for DF) and simmer for two to three minutes until slightly thickened. Pour sauce over Brussels & sprinkle with parsley as desired. Season to taste and serve immediately. | These braised Brussels sprouts are exactly as I always want them to be. They're halved and browned, then braised in wine and broth, topped with rings of shallots, and then, when they're tender (but not mush), you transfer them to a platter and make a Dijon pan sauce. And, if you're like me, the hardest thing will be not drinking it directly from the pan with a straw. Try them for dinner with the main dish and a scoop of the roasted squash and grain dish, or serve them with the cassoulet and kale salad for a vegetarian lunch. |
| Winter crunch salad w/kale, slivered sprouts, pink lady apples, sunflower seeds, parmesan, & lemon-Dijon vinaigrette (Select ingredients omitted on request. Spinach sub on request) | Serve at room temperature or cold. Drizzle dressing over the kale and apple mixture, season with salt and pepper, and toss with your hands to coat. Add cheese & sunflower seeds (if using) and toss lightly to incorporate. If you have time, this salad benefits by sitting for awhile before you eat it and also holds up well in the fridge. | Here, ribbons of kale are thinly-sliced and tossed in a tangy, mustardy vinaigrette. Add a mess of salty cheese, sweet-tart apple, slivered sprouts, and crunchy seeds, and you get a borderline addictive salad. Try it for dinner topped with some of the main protein, or take it for lunch with a cup of soup, a bowl of cassoulet, or a spoonful of squash. |
| Jeff Osaka's velvety parsnip soup (vegan) | Best warm. Heat gently on the stove or in the microwave. I like to simmer mine uncovered for a bit. Season to taste. This soup is dairy-free. You can add a splash of cream or pat of butter if that appeals, but it is delicious without it. | This is one of my favorite recipes from one of my favorite Denver chefs, and I can't let January pass without making it. Here, an austere winter vegetable is turned into an elegant creamy soup (without any dairy!). The local farm parsnips are slightly sweet, a little earthy, and surprisingly delicious. It's perfect with the apple and kale salad for a quick lunch or dinner. |

REMINDER: THE CUT OFF TO CONFIRM OR CANCEL IS WEDNESDAY AT NOON. LATE CANCELLATIONS ARE SUBJECT TO A FEE. THANKS!

*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. Unthaw 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.*