

12/15/2020

MAIN ENTRÉE OPTIONS (SELECT AT LEAST ONE)

Dish	Cooking Instructions	Mix & Match Suggestions
<p>Harissa roast chicken w/ leeks, potatoes, lemon, fresh herbs & lemon yogurt sauce (Boneless skinless breast on request. Sauce is packaged on the side. Tahini sauce sub for dairy-free. Select ingredients omitted on request.)</p>	<p>Best warm. Preheat oven to 375-degrees. Cover Pyrex w/ foil and cook for 15 minutes or until the chicken and vegetables are heated to your liking. Spoon some yogurt sauce over the chicken and vegetables. Scatter the herbs over the yogurt and drizzle with olive oil and a squeeze of lemon juice over the top.</p>	<p>One of my all-time favorites, this dish has it all - zippy harissa-laced chicken, sweet, browned leeks; crunchy potatoes (fresh from the farm!); plus a cool garnish of yogurt and plenty of fresh, bright herbs. It's a little lighter than your average chicken & potatoes dinner and a lot more profoundly flavored, especially if you serve it with a side of the arugula cauliflower salad. Yum! This setup is also dreamy with a side of the Brussels sprouts and beet salad for dinner or the hippie bowl for lunch.</p>
<p>AND/OR</p> <p>Slow-roasted salmon w/ harissa, lemon, & herbs (Select ingredients omitted on request.)</p>	<p>Preheat oven to 275-degrees. Stir oil, harissa, and garlic until combined (it's marked "for fish"). Pour half of the harissa oil into the glass Pyrex dish and swirl to coat. Top with sliced lemon. Season fish on all sides with salt and place in the dish. Pour remaining harissa oil over fish, spreading evenly over flesh with a pastry brush or spoon. Roast for 15 minutes, remove from oven, and baste fish with harissa oil pooled in the dish. Return to oven and continue to roast until flesh flakes apart easily with a spoon but is not quite cooked through, 10-20 minutes longer (smaller fillets take about 25 minutes total). Use a spoon to break up fish into irregular pieces. Arrange salmon and lemon slices on a platter. Drizzle with any harissa oil left in the dish, squeeze the remaining lemon half over, and scatter some herbs around.</p>	<p>The first time I had this dish, I swooned! The flavor is fantastic, and the low cooking temp and olive oil make it nearly impossible to overcook the center-cut salmon. Pair it with the hippie bowl or cauliflower salad for dinner. Take leftovers with the Brussels sprouts or beet salad for lunch.</p>
<p>AND/OR</p> <p>Baked herb & pistachio falafel w/tomato chili salsa, tahini sauce & cabbage leaves (GF/DF)</p>	<p>Hot, cold, or room temp. You can give these a quick blast in the microwave to reheat them or cook them in a preheated 400-degree oven for 10 minutes or until hot to your liking. Serve with tomato salsa. If you want to make a wrap, you can put the falafels and salsa in cabbage leaves (provided). Drizzle w/ tahini sauce as desired.</p>	<p>I garner a ton of wisdom and inspiration from food blogs and the cookbooks that come from them. Green Kitchen Stories, Vegetarian Everyday Cookbook is every bit as wonderful as their website. It's filled with super gorgeous vegetarian recipes, many vegan and gluten-free. I like how light these falafel taste and feel as opposed to a breadcrumb-heavy, deep-fried alternative. You'll be happy to have leftovers. Try them with a side of the cauliflower salad, or mix them with the hippie bowl, Brussels sprouts, or beet salad. You can't go wrong.</p>

PLUS SIDES ON NEXT PAGE

*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 unthaw 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.*

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

Dish	Cooking Instructions	Mix & Match Suggestions
<p>Hippie bowls w/ secret sauce. (Contains quinoa --or rice/cauliflower rice on request-- shredded purple cabbage & carrots, chickpeas, roasted sweet potato & broccoli, toasted almonds, avocado, & tahini dressing packaged on the side. Select ingredients omitted on request)</p>	<p>Best room temp or slightly warm. You can give the broccoli, sweet potato, and grains a quick blast in the microwave (or a panfry on the stove) and then toss them with the shredded cabbage, carrots, sliced avocado, toasted almonds, and raisins (omitted for the averse). Drizzle with creamy sauce (bring to room temp first - add water to thin if necessary) and serve. Season to taste.</p>	<p>This is a dish I love. You can eat it on its own, serve it as a side for the main protein, or mix it with the other vegetables in this delivery. Endless possibilities. If you have ever eaten at a vegetarian restaurant, you've likely encountered a "hippie bowl." It usually involves a combination of roasted veggies, beans, greens, and a "secret" sauce of some sort that includes nutritional yeast. As it turns out, I pretty much eat a variation of this for dinner at least three times a week. As for the "secret" sauce. I feel like all recipes should be shared and enjoyed. So my version includes tahini, white wine vinegar, Dijon mustard, a touch of honey, nutritional yeast, water, and a small squeeze of sriracha to brighten it all up. You can add more hot sauce if you like your stuff spicy. A giant bowl of veggies with creamy sauce is pretty much heaven on earth for me. If you are in a dinner rut, this is going to be your go-to weeknight meal. It's healthy, delicious, and comes together in a flash.</p>
<p>Golden beet, purple carrot, & pistachio salad w/ orange vinaigrette & dill (Pistachios are packaged on the side in your cooler. Select ingredients omitted on request)</p>	<p>Serve cold or room temp. You can also serve this dish warm if you like. Pop the beets in the microwave for 30-60 seconds to take the chill off. Either way, toss the beets, carrots, slivered red onion, dill, and pistachios with the orange vinaigrette and season to taste.</p>	<p>Bring a bit of sunshine to your plate with this golden beet and purple carrot salad. On a frigid day, fresh dill has a grassiness that will transport you to warmer days; it also contrasts beautifully with the earthy sweetness of the beets. Serve it as a side for the main protein for dinner, or take it for lunch with a side of the Brussels sprouts and hippie bowl. You can also add some to your salad. The flavors and textures are terrific together.</p>
<p>Brussels sprouts w/ date-molasses glaze, pistachios, & lime (Pistachios are packaged on the side in your cooler. Roasted cauliflower sub on request)</p>	<p>Best warm. Put a skillet on the stove. Add a pat of butter or a splash of olive oil and reheat glaze over medium heat until just starting to bubble (this will happen quickly). Add a small splash of water and the Brussels sprouts and toss to coat. Transfer Brussels sprouts to a platter and top with a squeeze of lime, lime zest, red pepper flakes, and a pinch of salt as desired.</p>	<p>These roasted Brussels sprouts get so crispy on the outside you'll worry they're burnt (they're not!). Inside though, they become soft with the final sauté. Of course, it gets even better when you coat them in a date-molasses glaze. Typically made from dates and nothing else, date molasses has a thick consistency and brings a deep, fruity sweetness and a bit of tartness. It's fantastic with middle eastern food. Try the Brussels sprouts for dinner with a side of beets and the main dish. Take leftovers for lunch with the hippie bowl.</p>
<p>Mediterranean red lentil soup w/lemon, oregano, & rosemary</p>	<p>Serve warm. Heat on the stove or in the microwave, season to taste.</p>	<p>I love this light and lemony lentil soup from the Rebar Modern Food vegetarian cookbook. Full of protein and fiber, it will keep you fueled for your busy day. Try it with the salad for lunch, or pair it with the hippie bowl for dinner.</p>
<p>Arugula salad w/roasted cauliflower, tahini-citrus dressing, toasted sesame seeds & avocado (Select ingredients omitted on request)</p>	<p>Top the chilled arugula with roasted cauliflower and fresh herbs. You can nuke the cauliflower for a few seconds to take the chill off if you like. Toss with enough dressing to coat the veggies. Season with additional salt and pepper if necessary. Garnish with diced avocado, sesame seeds, and orange zest.</p>	<p>This California-Middle Eastern mashup of elements works well together. I like to balance the creaminess of the avocado and tahini dressing with sharp and sweet notes of fresh citrus and use a drop or two of honey to take away the rough edges. This salad is divine with the main protein, but you can also use it as a side for the beets or hippie bowl. I especially enjoy it with a few chickpeas tossed in. Try it with a cup of soup for a quick and delicious meal.</p>

**HEADS UP! We are OPEN Tuesday, 12/22, and can't wait to cook a Mexican feast for you and your friends!
LPK will be closed on Tuesday, 12/29, and will reopen on Tuesday, 1/5. Stay posted for details.**