



**Meal Plan coordinates with the contents of our weekly Medium Produce Bin and includes five 4-serving recipes. We hope you enjoy! [Join our Meal Plan Think Tank here.](#)*

GF = Gluten Free

V = Vegetarian

DF= Dairy Free

Meal Plan Week of 5-8-2018

**Sunburst Trout with Garlic Lemon & Herb Sauce and
Red Beet Salad with Cider Vinaigrette**

**Mellow Yellow Curry with Zucchini, Red Potatoes and Carrots
Kale and Chickpea Stew**

**Roast Chicken and Radishes with Rosemary Brown Butter and Lemon
Homemade Pizza and Salad Kit**

Sunburst Trout with Garlic Lemon & Herb Sauce and Red Beet Salad with Cider Vinaigrette

GF

Ingredients:

1 Lb. Sunburst Trout
2 Tbsps. olive oil
Salt and pepper, to taste
4 garlic cloves, minced
3 Tbsps. lemon juice, freshly squeezed
2 Tbsps. white wine
2 Tbsps. Unsalted butter, softened
2 Tbsps. parsley, chopped

Beet Salad

1 bunch red beets
1 Tbsp. olive oil
3/4 cup apple cider vinegar
Salt and pepper to taste
8 oz. Hydro Lettuce
1/2 cup toasted walnut pieces
1/2 cup Three Graces Dairy Garlic & Herb Goat Cheese

Instructions:

Trout

1. Season the top of fish fillets with salt and pepper.
2. In a large skillet, heat 2 Tbsps. of olive oil on medium heat until heated but not smoking. To the hot skillet with olive oil, add fish fillets skin side up - flesh side down. Cook the flesh side of the fish for about 3-5 minutes on medium heat, making sure the oil does not smoke, until lightly browned. Flip the fillets over to the other side, skin side down (add more oil, if needed). Cook for another 2-4 minutes on medium heat (to prevent oil from burning). Remove the skillet from heat, close with the lid, and let the fish sit for 5-10 minutes, covered, in the skillet, until flaky and cooked through completely.
3. After the fish is cooked through, off heat, using spatula, carefully remove fillets to the plate, separating the fish from the skin. Carefully remove or scrape the fish skin off the bottom of the pan, making sure to leave all the cooking oils in the pan.
4. Add minced garlic, lemon juice, and white wine to the same pan with oil. Cook on medium-low heat for about 1 minute, until garlic softens a bit. Remove from heat. Add 1 tablespoon of chopped parsley, and 2 tablespoons of butter, off heat, to the sauce, stirring, until the butter melts and forms a creamy mixture.

	<ol style="list-style-type: none"> 5. Add fish to the pan, spoon sauce over the fish, top the fish and sauce with the remaining 1 tablespoon of parsley, and serve. 6. Preheat the oven to 425°F. <p><i>Beet Salad</i></p> <ol style="list-style-type: none"> 1. Rinse the beets and cut off the greens, saving them for another use. Rub the beets with the olive oil, wrap in foil, and place on a baking sheet (in case they leak). Bake until you can pierce through the middle of each beet with a knife, about 1 hour. Remove from the oven and let cool. 2. While the beets are cooking, gently bring the vinegar to a boil in a small saucepan over medium heat until it is reduced by a third. Remove from the heat and let cool. 3. When the beets are cool, use a paring knife to remove the skins, which should peel off very easily. Cut each beet into thin slices using a sharp knife. Sprinkle them with salt and toss them in the reduced vinegar. 4. Top the lettuce with the beets, walnut pieces, and cheese. Use a spoon to drizzle the remaining vinegar on top, as desired. Serve immediately.
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<p>Mellow Yellow Curry with Zucchini, Red Potatoes and Carrots GF, DF, V</p>	
<p>Ingredients:</p> <p>Blue Dream Curry House Mellow Yellow Curry Sauce 1 bunch spring onions, washed, and chopped 1 Lb. zucchini, chopped 1.5 Lbs. red potatoes, washed and cut into circles 1 bunch carrots, peeled and sliced into coins 2 Tbsp. olive oil 2 Jasmine Rice, prepared per instructions</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Prepare Jasmine Rice per instructions 2. Prepare spring onions, zucchini, potatoes and carrots. 3. Heat olive oil over medium heat and add spring onions, squash and carrots to the pan once warm. Saute until vegetables are tender. Add curry sauce to the pan and add potatoes. Simmer over medium heat for 15-20 minutes until potatoes are tender. 4. Serve curry over Jasmine Rice.

<p>Kale and Chickpea Stew GF, DF, V</p>	
<p>Ingredients:</p> <p>1 bunch kale 2 Tomatoes 1 medium Vidalia onion 4 to 6 cloves garlic 1 cup water, plus more as needed 2 Tbsps. olive oil 1/8 tsp. saffron threads</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Trim the stems from the kale leaves and discard. Cut the tomatoes into chunks or coarsely chop, depending on your preference. Finely chop the onion. Chop the garlic. 2. Bring the cup of water to a boil in a large, deep skillet over medium-high heat. Add the kale leaves and toss until they have wilted. Drain (without squeezing) and coarsely chop.

<p>2 tsps. sweet paprika, or more to taste 1/4 tsps. ground coriander, or more to taste 1/4 tsp. ground cumin seed Pinch ground cloves Two 15-ounce bags Fig Chickpeas, with their liquid 1/2 tsp. salt, or more to taste 1 lemon Leaves from about 6 stems cilantro</p>	<ol style="list-style-type: none"> 3. Wipe out the skillet. Add the oil and swirl to coat; place over medium heat. When the oil is hot, add the onion, garlic and tomatoes; cook for 5 minutes, stirring a few times, then crumble in the saffron threads. Add the paprika, coriander, cumin seed and cloves, stirring to incorporate. Cook for 2 minutes, then add the chickpeas and their liquid. Increase the heat to medium-high and bring to a boil, stirring, then add the chopped kale and the salt. Reduce the heat to medium; cook for 10 minutes, using tongs to incorporate the kale. Stir occasionally; the liquid should be barely bubbling and the stew should be fragrant and evenly seasoned. Add water if you prefer a looser mixture, making sure the liquid in the pan returns to barely bubbling before you add the next ingredient. 4. Cut the lemon in half and squeeze 2 tablespoons of juice into the pan, taking care not to let any seeds fall in. Coarsely chop the cilantro to yield 3 tablespoons. Stir them both into the stew. If desired, use a potato masher to crush some of the chickpeas. Taste and adjust seasoning as needed. 5. Divide among individual bowls; serve hot.
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Roast Chicken and Radishes with Rosemary Brown Butter and Lemon
GF

<p>Ingredients: 2 Lbs. Queen B Pastured Chicken Breasts 1 bunch Easter Egg Radishes salt and pepper 3 Tbsps. olive oil, divided 5 Tbsps. unsalted butter 1 Tbs. chopped fresh rosemary 2 tsp. fresh lemon juice Lemon wedges, for serving</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. Heat the oven to 400°F. 2. Pat the chicken dry and generously season with salt and pepper. 3. Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for grit. Coarsely chop radish tops and set aside. 4. Cut radishes lengthwise in half and place in medium bowl. Drizzle with with 1 Tbsp. olive oil. 5. Heat the oil in a 12-inch ovenproof skillet over medium-high heat until shimmering hot. Add the chicken and radishes and cook until golden brown, about 3 minutes. Turn the chicken over, transfer the pan to the oven, and roast until the chicken is cooked through (165°F), about 20 minutes, and radishes roasted. Transfer to a platter. 6. Pour off any fat from the skillet, add the butter, and melt over medium heat. Add the rosemary and cook, stirring, until the butter turns brown and gives off a nutty aroma, 2 to 3 minutes. Immediately remove the pan from the heat, stir in the lemon juice, and season to taste with salt and pepper. Pour the sauce over the chicken and radishes and reserved radish tops and serve with the lemon wedges.
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Homemade Pizza and Salad

GF*, V

Ingredients:

Included

Pizza

Rio Bertolini NY Pizza Dough OR Eat More
Gluten-Free Pizza Dough (2 Pack)
15.5 oz. Field Day Organic Pizza Sauce
6 oz. Organic Valley Shredded Mozzarella
Cheese

Salad

1 Head Local/Organic Romaine Lettuce,
washed, torn and dried
1 Local/Organic Cucumber, thinly sliced
1 Local/Organic Slicer Tomato, cut into wedges
1 Organic Bell Pepper, washed, seeded and cut
into strips, then diced

Instructions:

Pizza

1. Roll out pizza dough and place on a parchment paper lined baking sheet. Preheat oven to 400. Spoon on pizza sauce and distribute evenly. Sprinkle with cheese. Top with meats, veggies, spices, as desired.
2. Bake for 10-12 minutes until cheese and crust are browned.

Salad

1. Assemble salad in large serving bowl, starting with lettuce, cucumbers, tomato, and bell peppers. Drizzle with dressing of choice. Toss to evenly coat.

MEPD Shopping List

Produce:

[Medium Sized Bin \\$38](#)

Includes:

Blueberries - 6 Ounces - SC, Organic - Coosaw Farm
Carrots - 1 Bunch - Local, Organic - Cottle Farm
Spring Onions - 1 Bunch - Local, Organic - Cottle Farm
Tomatoes - 2 Pieces - Local, No-Spray - Sunburst Farm
Hydro Lettuce - 8 Ounces - Local, Hydroponically-Grown - Serious Dog Farm
Green Kale - 1 Bunch - Local, Organic - Uncle Henry
Red Potatoes - 2.5 Pounds - GA, Organic - Crosset Organics
Red Beets - 1 Bunch - Local, Organic - Uncle Henry
Zucchini - 1 Pound - FL, Organic - Lady Moon Farm
Easter Egg Radish - 1 Bunch - Local, Organic - Greenshine Farm

Add-On Produce:

[Garlic \\$2.99](#)

[Lemons \\$3.99](#)

[Parsley \\$2.99](#)

[cilantro \\$2.99](#)

[Vidalia onions \\$2.99](#)

[Rosemary \\$2.99](#)

Meat:

[2 Lbs. Queen B Pastured chicken breasts \\$23.98](#)

[1 Lb. Sunburst Trout \\$13.99](#)

Dairy:

[Three Graces Dairy Garlic and Herb Goat Cheese \\$6.99](#)

Prepared:

[Homemade Pizza Kit \\$19.99](#)

[Blue Dream Curry House Mellow Yellow Curry Sauce \\$7.99](#)

Pantry:

[Lundberg Jasmine Rice \\$6.99](#)

[Two 15-ounce bags Fig Chickpeas \\$8.98](#)

Total: \$145.85

Price Per Serving: \$7.29

Pantry

Oils/Fats:

Olive Oil

Unsalted butter

Vinegar:

Apple Cider vinegar

Herbs/Spices:

Salt

Pepper

Saffron

Sweet paprika

Ground coriander

Ground cumin

Ground cloves

Nuts/Seeds:

Walnuts

Grocery:

Libations:

White wine