



**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 4-3-2017 "Kormajic"

Citrus & Basil Trout with Braised Broccoli, Clementine, and Parmesan

Blue Dream Curry House Cosmic Vegetable Korma

Southwest Quinoa Bowl with Hydro Chopped Salad

Chicken, Arugula & Strawberry Salad

Spinach & Roasted Garlic Ravioli Pasta Salad

Citrus & Basil Trout with Braised Broccoli, Clementine, and Parmesan GF

Ingredients:

Trout

2 Lbs. Sunburst Farms Trout, cut into 4 fillets
 3/4 cup clementine juice (reserve ¼ cup for braised broccoli)
 ½ tsp salt
 ½ cup fresh basil leaves
 ½ cup olive oil
 ½ tsp salt

Braised Broccoli

1/4 cup freshly squeezed clementine juice
 1 14-ounce can crushed tomatoes
 1 head of broccoli, florets and stalks trimmed and cut into bite-sized pieces
 1/4 teaspoon oregano
 1/4 teaspoon red pepper flakes
 1/4 teaspoon fine grain sea salt
 1/8 teaspoon freshly ground black pepper
 1 tablespoon extra virgin olive oil
 1/4 cup Parmesan cheese shavings
 2 tablespoons sliced roasted almonds

Instructions:

Trout

1. Pour the clementine juice into a shallow dish that will hold the fish in single layer. Stir in the salt and add the fillets skin side up. Marinate 30 minutes.
2. Prepare the basil oil: puree the basil, oil, and salt together in a food processor or blender.
3. Preheat oven to 350°F
4. Brush the trout (skin side down) with the basil oil.
5. Bake for 12 minutes, or until fish easily flakes with a fork.

Braised Broccoli

1. In a medium saucepan over medium-high heat combine the orange juice and tomatoes.
2. Bring to a boil and stir in the broccoli. Stir in the oregano and red pepper flakes, then cook until the broccoli is just tender and bright green - a couple minutes.
3. Season with salt and pepper, and transfer to a serving dish.
4. Drizzle with the olive oil and sprinkle with the cheese and almonds before serving.

Blue Dream Curry House Cosmic Vegetable Korma

GF, V

Ingredients:

4 medium Yukon Gold Potatoes, peeled and cubed
1 bunch carrots, sliced into coins
1 cup frozen peas
16 oz. Blue Dream Curry House Cosmic Korma Sauce
2 cups Jasmine Rice, prepared per instructions
1 Tbsp butter or coconut oil
1 tsp salt

Instructions:

1. Prepare 2 cups Jasmine Rice per instructions.
2. Boil 6 cups salted water for potatoes. Cook until potatoes are tender, approx. 15 minutes.
3. In a soup pot, add 2 Tbsp butter or coconut oil and saute carrots and peas. Add potatoes and curry sauce to incorporate.
4. Once vegetables are tender, serve Vegetable Korma over Jasmine Rice.

Southwest Quinoa Bowl with Hydro Chopped Salad

GF, DF, V

Quinoa Bowl

1½ cup quinoa
2 ¾ cups chicken stock or water
1 15-oz can black beans, drained and rinsed
¼ red cabbage, thinly sliced
1 pint cherry tomatoes, cut in half
1 pint mini sweet peppers, diced
2 ears corn, kernels cut off or 1 cup frozen corn kernels, defrosted
⅓ cup roasted pumpkin seeds
¼ cup chopped cilantro

Dressing

¼ cup lime juice (from about 2-3 limes)
2 teaspoons salt
1 teaspoon cumin
1 teaspoon mild chili powder
¼ teaspoon cayenne (optional)
2 teaspoons honey
½ cup olive oil

Salad

1 bunch hydro lettuce
2 avocados, peeled, pitted and chopped
⅓ cup toasted pumpkin seeds

Instructions:

Quinoa Bowl

1. Place the quinoa in a strainer and rinse well. Place the rinsed quinoa in a pot with a tight fitting lid along with the chicken stock. Cover, bring to a boil, reduce to low and simmer for 15 minutes. Turn the heat off and let stand for an additional 5 minutes.
2. While the quinoa cooks, make the dressing by whisking the lime juice, salt, cumin, chili powder, cayenne, and honey until well combined. Drizzle in the olive oil and whisk again until well combined. (Reserve portion for chopped salad)
4. In a large bowl add the warm quinoa and pour the dressing on top. Add the black beans, cabbage, tomatoes, peppers, and corn. Stir to combine, then top with pumpkin seeds and cilantro. Serve warm or at room temperature.

Salad

1. Wash, dry, and tear hydro lettuce. Prepare avocados.
2. Assemble lettuce & avocados in serving bowl. Sprinkle with toasted pumpkin seeds. Drizzle with reserved dressing.

Chicken, Arugula & Strawberry Salad

GF

Ingredients:

3 tablespoons extra-virgin olive oil, divided
3 tablespoons balsamic vinegar, divided
4 skinless, boneless chicken breast halves, thawed
1/2 teaspoon salt, divided
1/2 teaspoon freshly ground black pepper, divided
2 cups halved strawberries
4 cups arugula
1.5 ounces feta cheese, crumbled (about 1/3 cup)

Instructions:

1. Combine 2 tablespoons oil and 2 tablespoons vinegar in a large zip-top plastic bag. Add chicken to bag; seal. Let stand 10 minutes, turning occasionally.
2. Heat a saute pan over medium-high heat. Remove chicken from marinade; discard marinade. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Coat pan with olive oil. Add chicken to pan; cook 5-7 minutes on each side or until cooked through. Cut into slices.
3. Combine remaining 1 tablespoon oil, remaining 1 tablespoon vinegar, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper in a large bowl, stirring with a whisk. Add strawberries; toss to coat. Add arugula to strawberry mixture; toss gently to combine. Sprinkle feta over salad. Divide salad among 4 plates; top evenly with sliced chicken.

Spinach & Roasted Garlic Ravioli Pasta Salad

V

Ingredients:

2 Packages Rio Bertolini Spinach & Roasted Garlic Ravioli
1 bunch thin asparagus, cut on deep bias (angle)
10 ounce bag organic peas, thawed overnight in refrigerator
1 bunch spinach, washed
3 Tbsp. extra-virgin olive oil
1/2 cup pine nuts, toasted
1 tsp. fine grain sea salt
Parmesan cheese, for garnish

Instructions:

1. Prep all of your ingredients ahead of time - cut asparagus, wash spinach, etc.
2. Into an extra-large pot of well-salted boiling water, add the raviolis. After a few minutes, when a couple of the raviolis begin to float, add the asparagus and peas. Because the asparagus is thin and the peas aren't frozen, you'll need to cook them only for about a minute - really quick, just enough to brighten up the peas and give the asparagus a touch of tenderness.
3. Drain everything into a large colander. Immediately transfer to a large bowl, add the spinach and pine nuts, and gently toss with olive oil and a pinch or two of salt. Serve in a big bowl or on a simple platter with a bit shaved Parmesan crumbled on top.

MEPD Shopping List

Produce:

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

Includes:

Strawberries - 1 Pound - Local, Organic - Cottle Farm

Spinach - 5 Ounces - Local, Organic - Uncle Henry Farm

Yukon Gold Potatoes - 2.5 Pound - GA, Organic - Crosset Organic

Mixed Hydro Lettuce - 6-7 Ounces - Local, Organic - Sunburst Farm

Carrots - 1 Bunch - CA, Organic - Crosset Organic

Clementines - 1 Pound - FL, IPM - Crosset Organics

Mini Sweet Peppers - 1 Pint - FL, Organic - Lady Moon Farm

Arugula - 1 Bunch - Local, Organic - Cottle Farm

Sweet Yellow Onion - 1 Pound - GA, Organic - Crosset Organics

Mixed Cherry Tomatoes - 1 Pint - FL, Organic - Lady Moon Farm

Add-On Produce:

[Broccoli \\$3.99](#)

[Avocados \\$4.99](#)

[Cilantro \\$2.99](#)

[Red cabbage \\$3.99](#)

[Asparagus \\$3.99](#)

Meat:

[2 pounds Trout \\$27.98](#)

[4 chicken breasts \\$23.98](#)

Grocery:

[Jasmine Rice \\$6.99](#)

Prepared:

[Blue Dream Curry House Cosmic Korma \\$6.99](#)

[Rio Bertolini Spinach & Roasted Garlic Ravioli x2 \\$15.98](#)

Total: \$139.87

Price Per Serving: \$6.99

Pantry

Oils/Fats:

Olive oil

Coconut oil

Butter

Vinegar:

Balsamic Vinegar

Herbs/Spices:

Salt

Pepper

Oregano

Red pepper flakes

Cumin

Chili powder

Cayenne

Condiments:

Honey

Nuts/Seeds/Beans:

Roasted almonds

Roasted Pumpkin seeds

Pine nuts

Produce:

Limes for juice

Frozen peas

Frozen corn

Fresh basil leaves

Grocery:

Chicken Stock

1 can black beans

1 can crushed tomatoes

Dairy:

Feta

parmesan