**![Logo

Description automatically generated with medium confidence]()**A white van parked outside a building

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**THINK VEG BOX • THINK AUSTEN’S PREMIUM**

**D3 SPECTRUM BUSINESS CENTRE**

**ANTHONY’S WAY**

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VEG BOX CONTENTS & RECIPES FOR WEEK COMMENCING 27TH MARCH 2023

E A T L O C A L ⋅ L I V E B E T T E R

VEG BOX CONTENTS

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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  | | **BOX SIZE &**  **CONTENTS** | **SMALL**  **BOX** | **MEDIUM**  **BOX** | **LARGE**  **BOX** | **WHERE IT IS GROWN** | **STORAGE INSTRUCTIONS** | | **LOCAL COX APPLES** | **√** | **√** | **√** | Coxheath | Room temperature | | **LOCAL CONFERENCE PEARS** | **√** | **√** | **√** | Coxheath | Room temperature | | **BANANAS** | **√** | **√** | **√** | Costa Rica | Room temperature | | **LOCAL MARIS PIPER POTATOES** | **√** | **√** | **√** | Birchington | Cool, dark place | | **LOCAL SPRING GREENS** | **√** | **√** | **√** | Thanet | Refrigerate | | **LOCAL CAULIFLOWER** | **√** | **√** | **√** | Dover | Refrigerate | | **ENGLISH PARSNIPS** | **√** | **√** | **√** | Herts. | Refrigerate | | **BROCCOLI** | **√** | **√** | **√** | Spain | Refrigerate | | **LOCAL VINE TOMATOES** | X | **√** | **√** | Thanet | Refrigerate | | **LOCAL OAKLEAF LETTUCE** | X | **√** | **√** | West Malling | Refrigerate | | **ENGLISH LOOSE CARROTS** | X | X | **√** | Lancs. | Refrigerate | | **CUCUMBER** | X | X | **√** | Spain | Refrigerate | |

This week’s savoury recipe 1

BRAISED SPRING GREENS WITH PARMESAN & GARLIC

A plate of food

Description automatically generated with low confidenceIngredients, serves 4

⅓ cup extra-virgin olive oil,

plus more for serving

1 head of garlic, halved crosswise

1 large onion, thinly sliced

sea salt

freshly ground pepper

400g spring greens, ribs and

stems removed, leaves torn

2 oz parmesan, finely grated

Method

Heat ⅓ cup of oil in a me over medium. Arrange garlic halves, cut side down, in pot and scatter onion around; season with salt and pepper. Cook, stirring onion occasionally but keeping garlic cut side down, until onion is deep golden, 6–8 minutes.

Add the spring greens to the pan by the handful, stirring and letting it wilt slightly before adding more; season generously with salt. Cook, stirring often, until all of the spring greens are a deep green and just wilted, about 3 minutes. Add 1½ cups water, cover pot partially with a lid, and cook until liquid is reduced by half and the greens are tender, 12–15 minutes.

Add the parmesan to the braised greens and cook, stirring, until cheese is melted and incorporated (the sauce will thicken slightly), about 5 minutes. Taste and season with more salt and pepper if needed.

We recommended squeezing out the tender garlic cloves from the skins and mashing into the broth, or spreading them onto toast with an extra drizzle of olive oil. Discard skins.

This week’s savoury recipe 2

STICKY SESAME CAULIFLOWER

Ingredients – Serves 4

1 cauliflower, chopped

80ml soy sauce

60ml maple syrup or honey

60ml rice vinegar

1 tbsp minced garlic

1½ tsp sesame oil/any

½ tsp ground ginger

1½  tbsp cornflour

¼ cup cold water

Sesame seeds for garnish

Method

Preheat your oven to 450 F. Grease a baking pan or line with

parchment.

Cut cauliflower into florets, then slice so one side of each floret is flat. Arrange in a single layer in the greased pan. Bake for 10 minutes on the centre rack.

Meanwhile, whisk together the soy sauce, maple syrup/honey, vinegar, garlic, oil and ginger in a saucepan. Bring to a boil. While waiting, stir together the cornflour and cold water until it dissolves fully, then slowly whisk this into the saucepan as soon as it boils.

Turn the heat to medium and cook for 2 minutes, stirring more frequently once it returns to a boil. Cook until thick.

Flip the cauliflower florets and bake for 10 additional minutes. Pour your sauce over the florets and sprinkle the sesame seeds on top and serve immediately.

This week’s savoury recipe 3

SIMPLE CHEESY BROCCOLI PASTA BAKE

Ingredients - Serves 4-6

A dish is filled with food

Description automatically generated with medium confidence

500g dry pasta of your choice

2 cups broccoli florets, – 2 cups,

cut into ½-1 inch pieces

2 tbsp olive oil

2-4 garlic cloves, minced

1 tbsp plain flour

2 cups milk

1 tbsp Dijon mustard

½ tsp paprika

1 tsp Italian seasoning

1 tsp dried parsley

200g cheddar cheese, grated

½ cup parmesan cheese

½ tsp freshly ground black pepper

salt to taste

Method

Preheat your oven to 180 C / 350 F and place the wire rack at the centre of the oven.

Cook the pasta until al dente in salted boiling water according to the package directions. Add the broccoli florets to the boiling water for the last two minutes of cooking the pasta. Drain the pasta and broccoli and set aside.

Meanwhile, heat the olive oil in a large pan over medium heat. When the oil warms up, add the minced garlic and cook for a minute or two until it begins to brown.

Next add the flour and whisk until a smooth roux forms. Add the milk, mustard and the spices and continue whisking until the mixture thickens, about 1-2 minutes.

When the sauce begins to bubble, add the cheddar cheese and stir until melted. Add the pasta and broccoli to the sauce and stir until combined. Pour the pasta mixture into an oven safe casserole dish and sprinkle the freshly grated parmesan on top.

Bake until the pasta is warmed through and the top is golden brown, about 15-20 minutes. Serve warm.

This week’s savoury recipe 4

OAKLEAF & EGG SALAD WITH HORSERADISH VINAIGRETTE

Ingredients – Serves 4

2 free range eggs

4 large handfuls of oakleaf lettuce,

torn into 1½ inch pieces

1 small handful fresh parsley or any herbs,

roughly chopped (optional)

½ cup greek-style yogurt

(optional, but recommended)

1 tablespoons horseradish sauce

1 small clove of garlic, minced

2 teaspoons Dijon mustard

1 tablespoon + ¼ cup olive oil, divided

1 tablespoon white wine vinegar

Sea salt

Freshly ground black pepper

Method

Place eggs in a small pot and cover with 2 inches cold water. Bring to a boil, remove from heat, cover, and let stand for 10 minutes. Transfer eggs to an ice bath, peel, and slice into quarters.

In a separate bowl, combine the yogurt, horseradish sauce, garlic, mustard, vinegar and a pinch of salt and pepper in a small bowl. Add the olive oil in a slow and steady steam, whisking until dressing is emulsified. Taste with a piece of lettuce, and adjust if needed.

Arrange lettuce on a serving platter, scatter with radish, egg and parsley or herbs (if using). Drizzle with the vinaigrette and serve immediately.

This week’s sweet recipe 1

APPLE & RUM CAKE



Ingredients, serves 4

4 cox apples

1 cup plain flour

1 teaspoons baking powder

¼ teaspoons salt

8 tablespoons butter, softened

¾ cup + 1½ tablespoons

granulated sugar

2 large eggs

1 teaspoon vanilla extract

¼ cup dark rum

knob butter to grease the pan

Instructions

Preheat the oven to 350 F and prepare a 9 inch spring form or cake pan by lining it with parchment paper and butter and then set it aside.

Peel the apples next and cut them into ½ inch dices, then set aside. In a medium dish, sift flour, baking powder and salt and set aside. In a large dish, beat butter and ¾ cup sugar, using medium-high speed, until it becomes light and fluffy, then add eggs and beat until well combined.

Next, beat in vanilla and rum, change the speed to low and beat in a ¼ of  
flour mixture until just incorporated. Continue adding the same amount of the flour mixture until you use it all up, beating all the time. Fold in the apples and pour the batter in the pan that has already been prepared, spreading it evenly. Sprinkle 1½ tablespoon granulated sugar and bake for 40 minutes or until the top becomes golden brown or the toothpick comes out clean or with a few crumbs on it.

When the cake is done, take it out of the oven and leave in the pan for a few minutes to cool, then transfer, carefully on the cake plate and sprinkle with powdered sugar. Serve with vanilla or cinnamon ice cream, or with whipped cream.

This week’s sweet recipe 2

NO BAKE BANOFFEE PIE

Ingredients, serves 8

250g digestive biscuits, crushed

100g butter, melted

1 tin [Carnation Caramel](https://www.carnation.co.uk/products/caramel-dulce-de-leche) (397g)

2 Bananas

1 300ml carton whipping cream,

whipped to soft peaks

Grated chocolate to sprinkle

Method

Put the crushed biscuits into a bowl with the melted butter. Mix it together thoroughly, then press the mixture into the base and sides of the tin. Chill for 30 minutes in the fridge.

Simply spoon the caramel from the tin into the base and spread gently to the edges. There’s no need to beat the caramel first.

Remove the pie base from the tin. Slice the bananas and scatter them over the caramel. Top with the softly whipped cream. For the perfect finishing touch, dust with cocoa powder or use grated chocolate to decorate the banoffee pie. Chill until ready to serve.

For super speedy setting, put the base in the freezer for 10 minutes instead of the fridge.