



Butternut Squash & Black-Eyed Pea Curry

Prep Time: 10 min

Cook Time : 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

388 Calories

8total grams of fat

942 mg of sodium



INGREDIENTS: **** Items not included in kit**

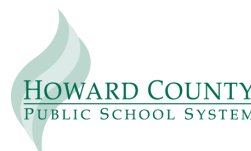
- 1 cup water**
- 4 cups Butternut Squash Cubed
- 2 (15oz) cans Black-Eyed Peas, drained and rinsed
- Salt & pepper, to taste**
- Curry Spices (1/2 tsp Turmeric, 1 tsp Kashmiri Chili, 1/2 tsp Cumin Seeds)
- 1 cup Grated Unsweetened Coconut
- 1/2 cup water**
- 1 TB Vegetable oil**
- 1 tsp Mustard Seeds
- 4-8 Curry leaves
- 2 T Grated Unsweetened Coconut
- 4 Naan flatbread

DIRECTIONS:

1. In a large pot, add **1 cup water, butternut squash cubes, 2 cans of rinsed and drained black-eyed peas, salt & pepper to taste**. Bring to a boil, then reduce heat to a simmer and cook until squash is tender, about 10-15 minutes.
2. In a blender, add the **Curry Spices, 1 cup coconut, 1/2 cup water** and blend to form a paste. Pour mixture into pot with the squash and black-eyed peas. Stir to combine and remove pan from heat once squash is tender.
3. In a small pan, add **1 TB vegetable oil** and heat over medium heat. Add the **mustard seeds** and cook stirring until they crackle. Then add the **curry leaves** and sauté for 1 minute. Lower the heat to low and add the **2 T coconut** and roast until coconut turns light brown, about 1-2 minutes. Add this mixture to the squash and stir to combine before serving.
4. To heat the **Naan**, preheat the oven to 400 degrees and place Naan on an baking sheet in middle of oven and warm for 2-3 minutes.
5. Serve curry with warmed Naan alongside.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Lentil Loaf with Maple Brussel Sprouts

Prep Time: 20 min

Cook Time : 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

355 Calories

10 total grams of fat

720 mg of sodium



INGREDIENTS: ** Items not included in kit

DIRECTIONS:

LENTIL LOAF:

- Non-stick cooking spray**
- 2 cups vegetable broth, measure out
- 1/2 tsp salt**
- 1 cup dried lentils
- 1/2 cup diced onions
- 1 cup oats
- 3/4 cup Monterey jack cheese
- 1 egg, beaten
- 1 cup marinara sauce, divided
- Lentil Loaf Spices (1 tsp garlic powder, 1 tsp dried basil, 1 TB dried parsley)
- Salt & black pepper to taste**

MAPLE MUSTARD BRUSSELS SPROUTS:

- 1 pound Brussels sprouts, trimmed
- 2 TB olive oil**
- Salt & pepper, to taste**
- 2 garlic cloves, minced
- 1 shallot, sliced
- 2 TB olive oil**
- 1 cup vegetable broth, measured out
- 2 TB maple syrup
- 1 TB mustard
- 1 TB apple cider vinegar

LENTIL LOAF:

1. Preheat oven to 375 degrees. Spray a loaf pan or rectangular baking dish generously with **non-stick cooking spray**, set aside.
2. In a large pot, over medium high heat add **2 cups vegetable broth, 1/2 tsp salt** and **dried lentils**. Simmer gently with lid tilted until desired tenderness is reached, about 15-20 minutes. Remove from heat, drain lentils if needed and add lentils to a large mixing bowl. Partially mash lentils with a fork and let cool slightly.
3. To the bowl of cooled lentils, add the **diced onions, oats, Monterey jack cheese, 1 egg beaten, 1/2 cup marinara sauce, Lentil Loaf Spices, salt & pepper to taste** and mix to combine well.
4. Spoon mixture into greased loaf pan or shape into a loaf and place into rectangular baking dish. Bake for 30-40 minutes until top of loaf is firm and golden brown. Let cool 5 minutes before slicing. Warm remaining **1/2 cup marinara sauce** and spoon on top of slices for serving.

MAPLE MUSTARD BRUSSELS SPROUTS:

1. Trim outer leaves and bottoms from **Brussels sprouts**, then cut in half and add to a large bowl with **2 TB olive oil, salt & pepper to taste, minced garlic, and sliced shallot** and toss well to combine.
2. In a large skillet, heat **2 TB olive oil** over medium high heat. Add Brussel sprout mixture to pan and sauté stirring occasionally for 5 minutes, then add **1 cup vegetable both** and continue cooking until sprouts are tender and liquid is evaporated, about 10-15 minutes. If needed you can add a few splashes of vegetable broth to the pan.
3. In a small bowl, combine the **maple syrup, mustard, and apple cider vinegar** then pour over Brussel sprouts, stirring to combine and cooking until sprouts are uniformly glazed, about 2 minutes.
4. Serve alongside lentil loaf.

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