



Curried Asparagus Soup with Salad and Rolls

Prep Time: 10 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

432 Calories

16.86 g fat

989 mg sodium



INGREDIENTS: ** Items not included in kit

- 2 TB extra-virgin olive oil**
- 1 cup diced onion
- 1/4 tsp salt and 1/4 tsp black pepper*
- 1/2 tsp curry powder
- 1/2 tsp ground ginger
- 1 lemons, zested and juiced—keep separate
- 2 cups diced peeled red potatoes
- 3 cups vegetable broth
- 1 cup coconut milk
- 2 cups asparagus, about 1 bunch
- 1/4 cup reduced-fat sour cream
- 1/4 cup fresh chives, finely chopped
- 4 ciabatta rolls
- Salad greens
- Favorite salad dressing**

DIRECTIONS:

1. Peel and dice **potatoes** into 1 inch cubes, set aside. Zest and juice **lemon**, set aside separately, trim **asparagus** into 1 inch pieces, set aside. Finely chop the **chives**, set aside.
2. Melt **olive oil** in a large saucepan over medium heat. Add **diced onion** and ¼ **teaspoon salt & black pepper** and cook, stirring often, until golden, about 5 minutes. Stir in **curry powder, ginger, lemon zest** and **peeled diced potatoes**, stirring occasionally, for 5 minutes. Stir in **broth, coconut milk** and **asparagus**. Bring to a simmer over medium heat, partially cover and continue to cook until the potatoes are tender, about 15 minutes.
3. Puree the soup with an immersion blender or a regular blender (in batches) until smooth. (Use caution when pureeing hot liquids.)
4. Whisk **sour cream, lemon juice** and **chopped chives** in a small bowl and garnish soup with a swirl of it.
5. Warm **ciabatta rolls** in a 400 degree oven for 10 minutes.
6. Serve the **salad greens** with your favorite salad dressing.

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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Balela Salad with Pita Bread

Prep Time: 20 min

Cook Time: 1 hour

Serves: 4

NUTRITION FACTS, PER SERVING:

560 Calories

18 g fat

635 mg sodium



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

- 2 (15 oz) cans chickpeas, drained and rinsed
- 1/2 cup diced green pepper
- 1 jalapeno, finely diced
- 2.5 cups grape tomatoes, halved
- 4 green onions, thinly sliced
- 1/2 cup sun dried tomatoes
- 1/3 cup pitted kalamata olives
- 1/4 cup pitted green olives
- 1/2 cup fresh parsley, chopped
- 1/2 cup fresh mint or basil, chopped
- 4 pita bread

SALAD DRESSING:

- 1/4 cup olive oil**
- 2 TB white wine vinegar
- 1 tsp lemon zest, from 1 lemon
- 2 TB lemon juice, from 1 lemon
- 1 garlic clove, minced
- 1/4 tsp salt & 1/4 tsp black pepper**
- 1/4 to 1/2 tsp crushed red pepper flakes

DIRECTIONS:

1. Prep the following and put in a large bowl: Drain **chickpeas** from can and rinse under cold water. Cut **jalapeno** in half and remove the white rib and seeds with a knife. Thinly slice into strips and then dice finely. **IMMEDIATELY WASH YOUR HANDS and avoid touching your eyes.** Halve the **grape tomatoes**. Thinly slice the **green onions**, white end and green tops, discarding the root end. Chop **parsley** and **mint/basil**. Add the **green pepper, sun dried tomatoes, kalamata olives and green olives**. Toss to combine.
2. To prepare the **Salad Dressing**, combine all of the salad dressing ingredients in a small bowl. Whisk to combine well. Pour the dressing over the ingredients in the large bowl and toss to combine well. Cover and refrigerate for 30 minutes.
3. Preheat the oven to 400 degrees. Place **pita bread** in oven to warm for 2-3 minutes.
4. Toss the salad before serving with the warm pita bread on the side.

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