



Curried Asparagus Soup with Mixed Greens Salad and Rolls

Prep Time: 10 min
Cook Time : 35 min
Serves: 4

NUTRITION FACTS, PER SERVING:

444 Calories
24.86 total grams of fat
1050 mg of sodium



INGREDIENTS: ** Items not included in kit

- 2 tablespoons butter**
- 2 tablespoons extra-virgin olive oil**
- 1 medium onion, finely chopped
- ½ teaspoon salt**
- ½ teaspoon curry powder
- ¼ teaspoon ground ginger
- Zest and juice of 1 lemon, divided
- 2 cups diced peeled red potatoes
- 3 cups vegetable broth
- 1 cup coconut milk
- 2 cups ½-inch pieces trimmed asparagus, (about 1 bunch)
- Freshly ground pepper to taste**
- ¼ cup reduced-fat sour cream
- ¼ cup finely chopped scallion greens, or fresh chives
- 4 ciabatta rolls
- Mixed Greens

DIRECTIONS:

1. Melt **butter** and **oil** in a large saucepan over medium heat. Add **onion** and ¼ **teaspoon salt** and cook, stirring often, until golden, about 5 minutes. Stir in **curry powder, ginger, lemon zest and 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.
2. Puree the soup with an immersion blender or a regular blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Season with the remaining ¼ **teaspoon salt and pepper**.
3. Whisk **sour cream, lemon juice and scallion greens** (or chives) in a small bowl and garnish soup with a swirl of it.
4. Warm **ciabatta rolls** in a 400 degree oven for 10 minutes. Rinse and dry the **mixed greens**. Serve the mixed 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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Cheese Ravioli with Garlic, Mushrooms and Rosemary Sauce

Prep Time: 10 min
Cook Time : 15 min
Serves: 4

NUTRITION FACTS, PER SERVING:

417 calories
28.23 total grams of fat
609 mg of sodium



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

- 1 pound cheese ravioli (fresh)
- 4 tablespoons unsalted butter (divided)**
- 2 tablespoons olive oil**
- 2 cups cremini mushrooms sliced
- 4 cloves garlic (thinly sliced)
- 1 large shallot (minced)
- 2 rosemary sprigs
- 1/3 cup Parmigiano Reggiano
- Salt for cooking the pasta**

DIRECTIONS:

- Heat a large pot of boiling water over high heat and season with 2 pinches of **salt**.
- Heat a sauté pan over medium-high heat. Add **2 tablespoons of butter and the olive oil**. Once hot, add **rosemary sprigs** and **mushrooms**. Toss the mushrooms and season with a pinch of **salt** and **pepper** to taste.
- Then add the **garlic** and **shallot** to the pan and toss to coat. Cook 2-3 minutes, or until the garlic and shallots are cooked through.
- Meanwhile drop the **ravioli** in the boiling water and stir with a wooden spoon.
- Cook the ravioli one minute shorter than the packaged instructions.
- With a slotted spoon, spoon out the **ravioli** and add them to the sauté pan. Reserve the pasta water. Add about **1/3 cup of the pasta water** along with the remaining **2 tablespoons of butter**. Add the **Parmesan cheese** and toss the pasta until the sauce is creamy and emulsified. Discard **rosemary sprigs** and serve immediately.

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