

Recipes, notes, and ideas from our lab to yours.

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Active prep time for all items: **30 minutes**

Total cook time for all items: **1 hour**

Turn page over for storage instructions.

**D** Contains Dairy

**E** Contains Egg

**W** Contains Wheat

**S** Contains Soy

**N** Contains Nuts

## CLASSICS BOX

### • Chickpea Fritter Sandwiches and Farro Lemon Feta Salad

**DW**

Grab these items:

**Pita, Hummus, Cucumber Tomato Salad, Falafel Balls, Pickled Carrots, Cabbage, Pickles, Tahini, Farro Lemon Feta Salad**

1. Preheat oven to 350 degrees. Place pita and falafel balls (5 per sandwich) on a baking sheet. Toast the pita for 3 minutes or until warm and puffy, but not brown or crispy. Remove from oven and set aside.
2. Remove falafel after 2 extra minutes, when it has cooked for 5 minutes total, or until the balls are fully warmed through—this cook time might be longer depending on your oven. To test falafel doneness, remove one ball (quickly!) from the oven and slice it in half; it should emit heat and be almost too hot to handle :)
3. Prepare your sandwich fixings. Remove the lids from the hummus, pickled veggies and pickles. Give the bottle of tahini a few shakes. Drain out any excess liquid in the cucumber tomato salad.
4. With a serrated knife, slice your warm pita bread about 3/4 of the way down. Don't split it all the way in half so it flops open like two pizzas attached with a hinge; but if that happens, don't worry; it will just make sandwich-building a little more difficult.
5. Cradle the partially-opened pita upright in one hand, so you have lots of bread visible. With your other hand, add a generous swipe of hummus, a "pickle surprise," at the bottom, a spoonful of cucumber-tomato salad, 5 falafel balls per sandwich, and pickled carrots and cabbage to your liking. Close the sandwich and drizzle the top with tahini sauce. Eat immediately, with salad on the side. **Time until you're eating: 15 minutes**

### • BBQ Seitan Sandwiches and Potato Mustard Dill Salad

**DWS**

Grab these items:

**Pita, BBQ Seitan, BBQ Sauce, Caramelized Onions, Cheddar Cheese, Lettuce, Tomato, Mayo, Potato Mustard Dill Salad**

1. Preheat oven to 350 degrees. Drizzle BBQ sauce on the bottom of a small oven-safe saucepan or small loaf pan (something with sides). The sauce should thinly cover the bottom of the pan.
2. Add a layer of seitan, a sprinkle of caramelized onions, and crumbles of cheddar cheese on top. Drizzle with a bit more BBQ sauce.
3. Bake seitan at 350 degrees for at least 20 minutes, or until cheese is bubbly and golden brown and seitan is completely heated through.
4. Follow the pita heating instructions from the chickpea fritter recipe.

5. If we've given you large tomatoes, use half a tomato per sandwich. Use a sharp paring knife or tomato shark to remove the core. If we've given you cocktail tomatoes, there is no core to remove. Use 1-2 tomatoes per sandwich. Slice tomatoes into 1/4 inch slices (we like using a serrated knife for this because it slices through tomato skin well).
6. With a serrated knife, slice your warm pita bread about 3/4 of the way down. Don't split it all the way in half so it flops open like two pizzas attached with a hinge; but if that happens, don't worry; it will just make sandwich-building a little more difficult.
7. Cradle the partially-opened pita upright in one hand, so you have lots of bread visible. Spread mayo on the bottom of the pita. Add warm seitan, an even layer of tomato slices, and a lettuce leaf (folded at the bottom if needed to make it fit). Serve with salad on the side. **Time until you're eating: 25 minutes**

### • PBJ Sandwiches

**WN**

Grab these items:

**Pita, Peanut Butter, Seasonal Compote**

1. Preheat oven to 350 degrees. Heat and open pita bread just like the Chickpea Fritter instructions. Spread peanut butter on the bottom and top with a generous spoonful of compote. **Time until you're eating: 5 minutes**

### • Soy BLTs and Beluga Lentil Salad

Grab these items:

**Pita, Smoky Tempeh, Neutral Oil (not included in kit), Lettuce, Tomato, Mayo, Beluga Lentil Salads**

**WNS**

1. Preheat oven to 350 degrees. Heat and open pita bread just like the Chickpea Fritter instructions.
2. Place tempeh on a sheet tray. Drizzle with a bit of neutral oil and bake for 3-5 minutes until color has turned from pale to medium brown and tempeh is slightly crispy.
3. Follow steps 5-7 from BBQ seitan recipe, but add tempeh where it says to add seitan. Serve with salad. **Time until you're eating: 15 minutes**

### • Seasonal Mousse

**DW**

### • Brownies

**DWN**

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# CLASSICS BOX: WHAT GOES WHERE?

- **Keep refrigerated**

Hummus  
Cucumber Tomato Salad  
Falafel Balls  
Pickled Carrots  
Pickled Cabbage  
Pickles  
Tahini  
Mayo  
BBQ Sauce  
Farro Lemon Feta Salad  
Potato Mustard Dill Salad  
Beluga Lentil Salad  
BBQ Seitan  
Cheddar Cheese  
Lettuce  
Seasonal Mousse  
Peanut Butter

- **Keep refrigerated  
(can be frozen if needed)**

Brownies  
Smoky Tempeh  
Seasonal Compote  
Caramelized Onions

- **Store at room temperature**

Tomato

- **Freeze unless eating in 2-3 days  
(otherwise refrigerate)**

Pita

Your recipe notes here:

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Is something missing from your box?  
Need a recipe idea for using leftovers?

Stacia, Joe and our feedback squad are ready to help.  
Send us a quick email at [box@cloverfoodlab.com](mailto:box@cloverfoodlab.com) and  
we'll get right back to you.