

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

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Active prep time for all items: **5 minutes**

Total cook time for all items: **25 minutes**

Turn page over for storage instructions.

D Contains Dairy

E Contains Egg

W Contains Wheat

S Contains Soy

N Contains Nuts

GLUTEN FREE BOX

- **Chickpea Fritter Platters with Spicy Coconut Lentil Soup**

Grab these items:

Silky Hummus

Falafel

Pickled Cabbage

Pickled Carrots

Pickles

Tahini

Spicy Coconut Lentil Soup

1. Preheat oven to 350 degrees, or set a saucepan over medium heat on the stovetop. Place falafel on sheet tray or saucepan and heat, uncovered, until completely warmed through, at least 5 minutes. 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 :)
2. Create a platter by scooping hummus onto a plate, adding pickled veggies to your liking, adding warm falafel, and drizzling with tahini.
3. Set a saucepan over medium heat. Add the soup and bring to a simmer. Serve alongside chickpea platter.

Time until you're eating: 10 minutes.

- **Chickpea Tomato Stew with Middle Eastern Rice Pilaf and White Bean Kale Basil Salad**

Grab these items:

Chickpea Tomato Stew

Middle Eastern Rice Pilaf

White Bean Kale Basil Salad

1. Pour rice pilaf into a saucepan, add a splash of water, and warm over medium heat, stirring occasionally to avoid rice sticking to the bottom of the pan.
2. Portion rice into bowls.
3. Heat chickpea tomato stew in the saucepan set over medium heat. When it's warm, ladle it over the rice pilaf and serve the salad on the side.

Time until you're eating: 10 minutes

- **Roman Tomato Soup with Beluga Lentil Salad**

Grab these items:

Roman Tomato Soup

Beluga Lentil Salad

N

1. Heat soup in a saucepan set over medium heat. Serve with beluga lentil salad.

Time until you're eating: 5 minutes

- **Pistachio Halva** **N**
- **Seasonal Fruit Mousse** **D**
- **Pimento Cheese Spread with Dipping Veggies** **D**

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GLUTEN FREE BOX: WHAT GOES WHERE?

- Keep refrigerated

Hummus
Falafel
Pickled Cabbage
Pickled Carrots
Pickles
Tahini
White Bean Kale Basil Salad
Beluga Lentil Salad
Pistachio Halva (allow to come to room temp before enjoying)
Seasonal Fruit Mousse
Pimento Cheese Spread
Dipping Veggies

- Can be frozen if needed
(otherwise refrigerate)

Roman Tomato Soup
Middle Eastern Rice Pilaf
Spicy Coconut Lentil Soup
Chickpea Tomato Stew

- Freeze unless eating in 2-3 days

Pita

Your recipe notes here:

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 and
we'll get right back to you.