

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: **30 minutes**

Turn page over for storage instructions.

D Contains Dairy

E Contains Egg

W Contains Wheat

S Contains Soy

N Contains Nuts

MEDITERRANEAN BOX

● Impossible Kofta with Chickpea Tomato Stew and Middle Eastern Rice Pilaf

Kofta is a family of spiced meatballs found in the Middle East, India, and Central Asia. Every country and family has their own variation.

Grab these items:

Impossible Kofta

Chickpea Tomato Stew

Middle Eastern Rice Pilaf

W S

1. Set a saucepan over medium heat. Add the kofta first and then pour the chickpea tomato stew over the top. Simmer the stew until the meatballs are warmed completely through. Make sure the kofta balls are submerged in the stew; otherwise they may end up a bit dry.
2. Pour rice pilaf into a saucepan, add a splash of water, and warm over medium heat, stirring occasionally to make sure the rice doesn't stick to the bottom of the pan. Portion rice into bowls, ladle stew over the top, and add kofta on top.

Time until you're eating: 10 minutes.

Extra credit: tear fresh herbs (like parsley, cilantro, or dill) for garnish

● Potato Leek Soup with White Bean Kale Basil Salad

Grab these items:

Potato Leek Soup

White Bean Kale Basil Salad

D

1. Set a saucepan over medium heat. Add the soup and bring to a simmer. Pour into bowls. Serve with white bean salad on the side.

Time until you're eating: 5 minutes

● Chickpea Fritter Sandwiches and Beluga Lentil Salad

Grab these items:

Pita, Hummus, Cucumber Tomato Salad, Falafel Balls

Pickled Carrots, Cabbage, Pickles, Tahini

Beluga Lentil Salad

W N

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 bready real estate 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.
6. Close the sandwich and drizzle the top with tahini sauce. Eat immediately, with salad on the side.

Time until you're eating: 15 minutes

- Olive Oil Cake **E W D**
- Sumac Shortbread **W D**
- Pita Chips with Romesco and Silky Hummus **W N**

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MEDITERRANEAN BOX: WHAT GOES WHERE?

- Keep refrigerated

Impossible Kofta
White Bean Kale Basil Salad
Hummus
Cucumber Tomato Salad
Falafel Balls
Pickled Carrots
Pickled Cabbage
Pickles
Tahini
Beluga Lentil Salad
Olive Oil Cake
Pita Chips
Romesco
Sumac Shortbread

- Keep refrigerated
(can be frozen if needed)

Chickpea Tomato Stew
Potato Leek Soup
Middle Eastern Rice Pilaf

- Store at room temperature

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

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.