

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

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Active prep time for all items: **20 minutes**

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

D Contains Dairy

E Contains Egg

W Contains Wheat

S Contains Soy

N Contains Nuts

EARLY SUMMER BOX

• The Panelle Sandwich **W**

Grab these items: **Lemon, Orange, Olive Oil, Fennel Salad, Pita, Fried Panelle Slices, Lemon Mayo, Salt (not included), Weekly Seasonal Side Salad**

Frying ahead! We recommend these kitchen tools: **Sheet Tray, Frying Pan/Griddle, Salad Bowl, Fork/Whisk, Plate, Paper Towels, Flat Spatula**

1. Preheat oven to 350 degrees.
2. **Make dressing for the fennel salad.** Reserve 1 tablespoon of olive oil for frying, and set it aside. Slice lemon and orange in half and squeeze the juice of each half into a salad bowl. Set aside the other halves. Slowly pour the rest of the olive oil into the bowl, whisking quickly with a whisk (or fork) so that the oil droplets become suspended in the citrus juice. Congrats: you've made an emulsion!
3. Place fennel salad into the bowl and toss until the dressing coats the fennel. Add a sprinkle of salt. Allow dressed salad to sit for a few minutes so that it can soak up the dressing and salt. Then taste a piece of fennel. Add salt and extra orange or lemon juice to taste.
4. **Crisp up the panelle.** Line a plate with a paper towel. Set a frying pan or griddle over medium heat. Add the reserved tablespoon of olive oil, and allow it to warm up for a minute or two. When the olive oil is shimmering, place panelle slices on the pan or griddle. Allow panelle slices to fry, undisturbed, for 2 minutes. Using a spatula, carefully flip the panelle slice over (you may need to nudge it over with your hand) and cook for 1-2 minutes more. Transfer panelle slices to the paper-towel lined plate.
5. Place pita on baking sheet and slide it into the preheated oven. Bake for 3 minutes, or until soft and puffy, but not crisp. Remove tray from the oven. With a serrated knife, slice the bread about 3/4 of the way down, twisting your knife at the bottom to remove it. Try not to split it too far down so it flops open like two pizzas attached with a hinge; if it happens, don't worry; it will just make sandwich-building a bit more difficult.
6. Hold pita open in one hand and using the other hand, drizzle lemon mayo on the bottom of the bread, spreading it with a spoon if needed. Nestle in a slice of panelle, add a handful of fennel salad and close the sandwich.

We recommend serving the Panelle with this week's seasonal side salad—note that the allergens for this meal do not include the side salad, which changes weekly. **Time until you're eating: 20 minutes**

• Pasta with Romesco, Goat Cheese + Arugula **DNW**

Grab these items: **Seven Hills Gnocchetti, Romesco Sauce, Goat Cheese, Satur Farms Arugula, Kale Walnut Salad, Lemon Pecorino Dressing**

If you're cooking for 1-2 people, use half the box of pasta and half the ingredients. For 3-4 people, use the whole box and all the ingredients.

1. Cook pasta until al dente, according to instructions on the box. Then drain the pasta in a colander and return the cooked pasta to the pot.

2. Toss with 1-2 tablespoons of olive oil. Add 1/3 of the package of arugula and stir. The arugula will wilt slightly when it comes into contact with the warm pasta. Then add the romesco and toss to coat pasta.
3. Remove the goat cheese from the package and cut into 1/2 inch slices. Tip: use floss (the unflavored kind!) instead of a knife to make a clean cut.
4. Portion pasta into bowls and add goat cheese slices on top. We recommend serving this meal with the Kale Walnut Salad, dressed with the Lemon Pecorino Dressing. **Time until you're eating: 20 minutes.**

• Maine Farm Bowls with Heiwa Tofu **WS**

Grab these items: **Farro Sesame Salad, Pickled Carrots, Pickled Cabbage, Seasonal Farm Produce (exact produce will depend on farm availability), Maine Seaweed Salad, Heiwa Tofu**

1. About 30 minutes before you want to eat, open tofu package, and drain off any liquid. At this time, take farro out of the fridge so it can come to room temperature. Place tofu on a cutting board and slice into 1/2 inch pieces. Optional: to drain additional liquid out of the tofu, place the slices on a paper towel-lined plate. Set tofu aside.
2. Stir farro well to incorporate any sesame dressing.
3. Drain liquid from pickled carrots and pickled cabbage.
4. Slice seasonal farm produce into bite sized pieces. Depending on the size of the produce you get that week, you may not need to cut it.
5. **Build your bowls.** Start with a cup or two of warm farro. Add a slice or two of tofu, a spoonful or two of seaweed salad, pickled carrots, pickled cabbage, and seasonal farm produce. **Time until you're eating: 10 minutes.**

• Silky Hummus and Pita Snack **W**

Grab these items: **Pita, Silky Hummus**

1. Warm and slice pita according to Panelle Sandwich instructions. Spread hummus on pita, or cut pita into quadrants for easy dipping. If you have leftover pickled veggies or produce from the Farm Bowl meal, add those to make veggies sandwiches. Add a drizzle of olive oil, a squeeze of lemon, and some salt and pepper for extra zest.

• Summer Berries with Vanilla Sugar

Grab these items: **Seasonal Berries, Vanilla Sugar**

1. Sprinkle vanilla sugar on top of berries. Watch them disappear!

• Lavender Shortbread and Rhubarb Mousse **DNW**

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EARLY SUMMER BOX: WHAT GOES WHERE?

- **Keep refrigerated**

Fennel Salad
Weekly Seasonal Side Salad
Kale Walnut Salad
Fried Panelle Slices
Lemon Mayo
Romesco Sauce
Vermont Creamery Goat Cheese
Satur Farms Arugula
Timeless Seeds Farro with Sesame Dressing
Pickled Carrots
Pickled Cabbage
Seasonal Farm Produce (store in crisper drawer if possible)
Maine Seaweed Salad
Heiwa Tofu
Silky Hummus
Rhubarb Mousse

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

Seasonal Berries (but they're better fresh)
Lavender Shortbread (can be kept at room temp if your kitchen is not too hot)

- **Store at room temperature**

Lemon
Olive Oil
Vanilla Sugar
Seven Hills Semolina Casarecce

- **Freeze unless eating in 2-3 days**

Pita

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.

Your recipe notes here: