

STARTER BOX (featuring the JSP)

• Classic Breakfast Sandwiches

Grab these items:

Pita
Soft-Boiled Egg
Grafton Cheddar
Tomato
Salt & Pepper (not included in kit)

DEW

1. Preheat oven to 375 degrees.
2. Fill a small pot with water and heat until just simmering. Place soft-boiled egg in water, turn off heat, and leave the egg in the water to warm for about 2 minutes. Using a slotted spoon, remove from pot and set aside.
3. Put pita on baking sheet and place in oven. Toast for 3 minutes, or until warm and puffy, but not brown or crispy. While pita is warming, core and slice tomato into thin slices using a serrated knife. If you have extra tomato, use for something else that day.
4. Remove pita from the oven, and with the serrated knife, slice partially open like a clam shell, twisting your knife at the bottom so as not to cut it into two pieces. Add a slice of cheddar, tomato slices and the egg. Add a shake of salt and pepper and eat immediately. **Prep time: 10 minutes.**

• Granola with Fruit

DW

Grab these items:

Milk or Yogurt (not included in box)
Granola
Fruit Compote

1. Add granola to a bowl, top with milk or yogurt and fruit compote.

• Chickpea Fritter Sandwiches

Grab these items:

Pita
Hummus
Cucumber tomato salad
Falafel
Pickled carrots, cabbage, and pickles
Tahini sauce

W

1. Preheat oven to 375 degrees. Place pita on baking sheet and put in oven. Toast for 3 minutes or until warm and puffy, but not brown or crispy. Toast falafel til warm.
2. With a serrated knife, partially slice open your warm pita bread and open it up like a clam shell. Add hummus, cucumber-tomato salad, pickles, falafel, tahini, and pickled vegetables to your liking. **Prep time: 5 minutes.**

• Impossible Kofta, Stew and Rice

Grab these items:

Kofta in chickpea tomato stew
Middle Eastern rice pilaf

SW

1. Set a saucepan over medium heat. Add the kofta along with the chickpea tomato stew, and simmer until warm. Be sure the kofta is completely covered with the stew to avoid drying out.
2. 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. Serve stew over rice. **Prep time: 5 minutes.**

• Japanese Sweet Potato Sandwiches

Grab these items:

Pita
Shoyu Mayo
Roasted Sweet Potatoes from Next Barn Over
Cabbage Daikon Slaw
Miso Dressing (for cabbage slaw)
Tempura Fried Sesame Seeds

SW

1. Preheat your oven to 350 degrees. Place sweet potatoes on baking sheet and bake for 8-12 minutes or until totally warmed through.
2. Dress cabbage slaw with miso dressing, tossing to coat the cabbage with dressing.
3. Place pita on a second baking sheet or just straight into the oven and toast for 3 minutes, or until warm and puffy, but not brown or crispy.
4. With a serrated knife, slice open your warm pita bread and twist your knife to open it up like a clam shell. Holding it in one hand, drizzle shoyu mayo on the bottom half so it is covered.
5. Nestle sweet potatoes inside, top with a handful of cabbage slaw and a sprinkle of tempura fried sesame seeds.

Total time to the table: 15 minutes

• Build your own Soda Bar

1. To make soda: pre-chill your cans of soda. Add ice and sparkling water to a tumbler or glass, top with soda syrup to desired level of sweetness. Stir.

• Dipping vegetables with hummus

• Seasonal Dessert Sampler **DEWN**

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STARTER BOX: WHAT GOES WHERE?

- **Keep refrigerated**

Soft-Boiled Egg
Grafton Village Cheddar
Fruit Compote
Hummus
Cucumber Tomato Salad
Falafel
Pickled Carrots, Cabbage, and Pickles
Tahini Sauce
Middle Eastern Rice Pilaf
Lemon
Dipping Vegetables
Silky Hummus
Pita
Shoyu Mayo
Roasted Sweet Potatoes from Next Barn Over
Cabbage Daikon Slaw
Miso Dressing (for cabbage slaw)
Soda Syrup
Soda Water
Dessert Sampler

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

Kofta in Chickpea Tomato Stew

- **Store at room temperature**

Granola
Acorn Squash
Sesame Seeds

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

Pita

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

Our feedback squad is ready to help.
Send us a quick email at box@cloverfoodlab.com and
we'll get right back to you.

Your recipe notes here: