

Recipes, notes, and ideas from our lab to yours.
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D Contains Dairy
E Contains Egg

W Contains Wheat
S Contains Soy
N Contains Nuts

WARM & COZY BOX

• Japanese Sweet Potato Bowl

Grab these items:

Seasoned Rice
Roasted Sweet Potatoes
Cabbage Daikon Slaw
Miso Dressing
Japanese Pickled Cucumbers
Shoyu Mayo
Tofu Block

W S N

1. Pour rice into a saucepan or microwave safe bowl with a splash of water. Heat until warmed through.
2. Cut tofu into bite-sized pieces and toss with half of the miso dressing.
3. Optional step: warm sweet potatoes on a sheet tray in an oven preheated to 350 degrees. Or place in a microwave-safe container and microwave until warm (you could even warm the sweet potatoes alongside the rice).
4. Pour the remaining miso dressing onto the cabbage daikon slaw, tossing with chopsticks or a pair of forks to ensure that the dressing covers the slaw.
5. Combine rice with dressed slaw, sweet potatoes, pickles and tofu bites. Drizzle with shoyu mayo and enjoy!

• Roman Tomato Soup with Sourdough Grilled Cheese Kit

Grab these items:

Roman Tomato Soup
Grafton Cheddar
Garlic Herb Butter
Sourdough Bread

W D

1. 30 minutes before you plan to eat, remove garlic herb butter from fridge. Slather slices of bread with butter (slather both interior and exterior sides, if you want a real decadent treat)! Place cheddar in between the slices.
2. Grill sandwich on a griddle preheated to medium-high heat, and cook, turning once, until cheese gets melty and starts to ooze.
3. Warm soup in a saucepan over medium heat, or pour into a microwave-safe container and heat until warm. Get dipping!

• The Big Salad

Grab these items:

Cooked Farro
Chicory Salad with Turmeric Dressing
Spiced Delicata Squash

W N

1. Combine all ingredients with dressing. Optional: heat squash in a pan.

• Energy Balls

N

• Olive Oil Cake

D W E

• Pumpkin Seed Cake

D W E N

• Storage Instructions:

Store everything in the fridge, except for the pita, which you should freeze unless you're enjoying in the next 24 hours.

• Thanks for doing your part.

Replacing a meat meal with a veggie meal is one of the single best things you can do to stop global warming.

Doing that once a week for a year? That's even better.

- **Better than recycling.**

- **Better than driving an electric car.**

- **Better than putting a solar panel on your roof.**

Thanks for caring about what you're eating. Thanks for trusting us with your meals.

We'd love to hear feedback about this box.

Write to us anytime at box@cloverfoodlab.com.

- Love from: the whole box team (too many of us now to list out everyone!)