

STARTER BOX (feat. The Carrot Sandwich)

• Classic Breakfast Sandwiches

Grab these items:

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

D E W

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

D W

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

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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.**

• Carrot Sandwiches

Grab these items:

Pita
Roasted carrots
Habanero carrot hot sauce
Fried farro
Cabbage Lime Slaw
Creamy feta sauce

D W

1. Preheat your oven to 350 degrees. Place carrots on baking sheet and bake for 8-12 minutes until warm.
2. Place pita on a baking sheet and toast for 3 minutes, or until warm and puffy, but not brown or crispy. Set aside.
3. With a serrated knife, slice open your warm pita bread and twist your knife to open it up like a clam shell. Spread habanero sauce on the bottom of the pita. Add carrots, a good pinch of slaw, drizzle of feta sauce, and fried farro to your pita. Enjoy!

• 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

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