

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

Visit [cloverfoodlab.com](http://cloverfoodlab.com) for more.

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

# GREATEST HITS BOX

## • Chickpea Fritter Sandwiches with Seasonal Salad

Grab these items:

**Pita, Hummus, Cucumber Tomato Salad, Falafel Balls**

**W**

**Pickled Carrots, Cabbage, Pickles, Tahini, Seasonal Salad (note: allergens not reflected on this insert; see label)**

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 bread 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.

## • Romesco with Dipping Veggies

Grab these items:

**Romesco Dip**

**Dipping Veggies**

**N**

1. Serve romesco straight from the fridge with veggies. Enjoy!

## • 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**

**S W**

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.

## • Seasonal Soup and Salad

Grab this item:

**Seasonal Soup (note: allergens not reflected on this insert; see label)**

**Seasonal Salad (note: allergens not reflected on this insert; see label)**

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

## • Something Sweet

Grab these items:

**Fudgy Brownies**

**Shortbread**

**D W E**

1. Remove brownies and shortbread from the fridge and allow to come to room temperature for 20-30 minutes before serving.

## • Storage Tips

Store all components in the fridge except the pita. Pita can be left at room temperature or 12-24 hours. After 12-24 hours, store them in the freezer.