

**LOCALLY SOURCED**



**GLOBALY INSPIRED**



**STARTER - ROAST BEETROOT, BEETROOT PUREE, PICKLED CANDY BEETROOT, KALE CRISPS, SPICED NUTS, BLOOD ORANGE & SMOKED PAPRIKA**

**What's in the Box?**

- |                   |                     |
|-------------------|---------------------|
| 1. Roast beetroot | 2. Beetroot puree   |
| 3. Kale           | 4. Pickled beets    |
| 5. Spiced nuts    | 6. Orange & paprika |

**What do you need at home?**

- 1 x Oven tray
- 1 x Sauce pan
- Serving plates

**Directions – Please also see the video at [www.csons.uk/csonsathome/](http://www.csons.uk/csonsathome/)**

1. Preheat oven to 190c
2. Place the roast beetroot (1) on the oven tray and pop it in the oven. Cook until just beginning to sizzle (about 10 minutes)
3. Empty the beetroot puree (2) into the sauce pan, place over a low heat and stir frequently.
4. Place the kale (3) on the baking tray with the beetroots for the last few minutes of cooking.
5. When your puree is good and hot and the beets and kale are hot and sizzling it's time to plate.
6. Begin by spooning the beetroot puree to one side of the plate and make an indentation in the centre of it.
7. Alternate between different coloured roast beetroot in a circular pattern using the beetroot puree as part of the circle.
8. Fill in the spaces between the beetroot with the crispy kale.
9. Now lean the pickled beets (4) at different angles in and amongst the kale and beetroot.
10. Sprinkle spiced nuts (5) all over and finally drizzle with the orange & paprika (6).

This weeks menu has a middle eastern kind of vibe. On this dish the humble beetroot is the star of the show. We all agree that we could eat this dish all day long. Enjoy and just beet it!

**Allergy advice: Nuts (spiced nuts), Sulphites (from vinegar in pickled beets and roast beetroot)**



## MAIN - HARISSA SKIRT STEAK, GRAIN PORRIDGE, CAULIFLOWER HUMMUS, TAHINI, CHILLI, POMEGRANATE, PEASHOOTS, LEMON

### What's in the Box?

1. Grain porridge
2. Cauliflower hummus
3. Spiced skirt steak (**vegan is harissa cauliflower**)
4. Pea shoots
5. Lemon & olive oil
6. Tahini
7. Harissa
8. Chilli, pomegranate & coriander

### What do you need at home?

- 1 x Frying pan (**not for vegan**)
- 2 x Sauce pan
- 1 x mixing bowl
- 1 x Oven tray (**vegan only**)

### Directions – Please also see the video at [www.csons.uk/csonsathome/](http://www.csons.uk/csonsathome/)

1. A couple of hours before cooking get the tahini (6) and harissa (7) out of the fridge. About half an hour before get the steak (3) out. Preheat oven to 200c.
2. For the **vegan** cauliflower (3) place the cauliflower on the baking tray and pop it the oven until hot and sizzling (around 10 minutes)
3. Empty the grain porridge (1) into one of the saucepans and place over a low heat with a splash of water to let it down. Stir often.
4. Scoop the cauliflower hummus (2) into the other saucepan and place over a low heat with a splash of water as well. Stir often.
5. Begin heating the frying pan over a medium high to high heat until just before smoking.
6. At this point add a drizzle of cooking oil to the pan and gently place your steak (3) in the frying pan and set a timer for 2 minutes. After 2 minutes turn the steak over and cook for another 2 minutes (a deep brown caramelisation should be seen). After this place the steak in the oven for a further 2 minutes. Bring the steak out and allow to rest for a further 2 – 6 minutes. (if you would like the steak cooked more than please leave in oven for a further minute or 2. (skirt steak is generally not best eaten well done!)
7. By the time the steak is cooked, the porridge and hummus should also be good and hot.
8. Slice the steak thinly and begin to plate.
9. Make a well in the centre of the plate using the cauli hummus and fill in a line with the porridge.
10. Lay the steak (or pile **Cauliflower** at one end) in a fan type fashion at one end of the line.
11. Dress the pea shoots (4) in the lemon & olive oil (5) and pile high on the dish.
12. Drizzle with the tahini (6) and harissa (7) and sprinkle over the chilli, pomegranate & coriander (8).

So hopefully the instructions for cooking the steak are foolproof!! If you stick to the 2,2,2 timings then you can always cook it a bit more. Hope you love it!

**Allergy advice: Sesame (hummus & tahini), Celery & Gluten (porridge), Sulphites (trace from vinegar in chillies)**

# PUDDING - PISTACHIO, ORANGE & ROSE CAKE, BLOOD ORANGE, CRÈME FRAÎCHE, COFFEE & FIG

## What's in the Box?

1. Blood orange, rose & pistachio cake
2. Crème fraîche (vegan option coconut yoghurt)
3. Blood Orange

## What do you need at home?

- 1 x Sauce pan
- 1 x Oven tray
- Serving plates

Directions – Please also see the video at [www.csons.uk/csonsathome/](http://www.csons.uk/csonsathome/)

1. Preheat the oven to 150c.
2. Take the blood orange, rose & pistachio cake (1) from the packaging. (Be careful when removing the cake as it is quite fragile. Use a knife to cut the bag open if necessary)
3. Place the cake on the baking tray, preferably with some parchment beneath it and pop it in the oven.
4. Place the coffee & fig syrup (4) somewhere warm whilst the cake warms through.
5. To plate, take the cake from the oven and carefully place just off centre on the plate.
6. Next spoon the quenelle of crème fraîche (2) next to the cake.
7. Individually place the orange pieces about the plate in as artistic a manner as you can muster and drizzle the slightly warmed coffee and fig syrup (4) all over.

Classic flavours from the middle east in this pud, We love the slight bitter element coming in from the coffee!

**Allergy advice: Contains Milk (crème fraîche), Nuts (cake), Eggs (cake - not in vegan)**



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## THIS WEEK'S AMAZING SUPPLIERS

Skirt steak from **Strawberry fields farm**, Dorrington

Beetroot & kale from **B & G nurseries**, Pershore

Nuts & tahini from **Ludlow nut company**, [ludlownut.co.uk](http://ludlownut.co.uk)

Pea shoots from **Westlands UK**, Evesham

Eggs from **Hollowdene hens**, [hollowdenehens.com](http://hollowdenehens.com)

Grains from **Hodmedods**, [hodmedods.co.uk](http://hodmedods.co.uk)

Oats from **Pimhill**, [pimhill.com](http://pimhill.com)

Quinoa from **British quinoa company**, [britishquinoa.co.uk](http://britishquinoa.co.uk)

Coffee from **Hundred house coffee**, [hundredhousecoffee.com](http://hundredhousecoffee.com)

Crème fraiche from **Neals yard creamery**, [nealsyardcreamery.co.uk](http://nealsyardcreamery.co.uk)

We make all our own spice mixes using fairly traded, quality ingredients from **Suma co-operative** [www.suma.coop](http://www.suma.coop)

Whilst we list all **allergens** present in our CSONS at HOME dishes, we do **use multiple allergens** in our kitchen and as such **cannot guarantee** any dish is 100% **allergen free**.

Please keep your meal kit **refrigerated & use within 3 days**.

Mill on the Green - **Ludlow** - Shropshire - SY8 1EG - 01584 879872

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If there is no reply at the restaurants please try 01584 841328