

QUICK RICE POT WITH AROMATIC CARROT-PEANUT SAUCE WITH FRESH GINGER AND OPTIONAL ORGANIC WILD SALMON

INGREDIENTS FROM THE BOX: 1/2 OF THE GOOD BANK SMOKY + SPICE SUMMER-SALT, GINGER BULB, 2-3 CARROTS, ORGANIC BROWN RICE, 1 TBSP ORGANIC PEANUT BUTTER, 1/2 OF THE PLANTAINS, SPRING ONIONS, ORGANIC WILD SALMON (OPTIONAL)

FROM YOU: POT, VEGETABLE OIL OF YOUR CHOICE, SALT & PEPPER, 1 TBSP SUGAR OR OTHER SWEETENER, PAN, VEGETABLE PEELER, NON DAIRY MILK (OPTIONAL) OR WATER

DURATION: 45 MINUTES

- 1)** Cook the rice according to packaging instructions.
- 2)** Wash the lime and grate the zest. Peel with a knife and coarsely chop the ginger. Mix the ginger, lime juice, lime zest, peanut butter and sugar until smooth. Taste and adjust spice, salt, and sweetness. Keep aside.
- 3)** Wash, peel and cut the carrots into super small chunks. Wash and chop the spring onions. Leave a bit of the green part aside for garnishing. Peel the plantain and chop into small cubes.
- 4)** In a medium skillet, sauté just the plantain in the olive oil until golden brown and slightly crispy. Set aside.
- 5)** In a pan, heat oil over medium high heat. When the oil is hot, add the chopped spring onion, toss around for 2-3 min. Add the carrots, toss well and cook for 2 minutes. Add the peanut sauce and mix well. Reduce heat to medium. Cover and cook for 2 to 3 minutes or until the sauce starts to bubble.
- 6)** Add in the cooked rice and the spice mix. Mix well. Taste and adjust salt and spice. If the rice feels too dry, sprinkle in some non dairy milk or water and mix well. Cover and cook for a minute. Let the rice sit covered for another few minutes. Add the crispy plantains to the rice and stir in carefully.
- 7)** Add a good dash of lime juice. Garnish with chopped spring onion. Serve warm.
- 8)** If you have salmon in your box, take it out of the packaging and drape the thinly sliced pieces onto the rice.

SWEET SUMMER ROLLS WITH FRUIT AND PEANUT BUTTER

INGREDIENTS FROM THE BOX: 1/2 OF THE PLANTAINS, KIWI, NECTARINES, RICE PAPER, 1/2 PEANUT BUTTER

FROM YOU: BOWL, VEGETABLE/FRUIT PEELER, VEGETABLE OIL OF YOUR CHOICE, PAN

DURATION: 15 MINUTES

1) Prepare a big bowl with water so you can easily soak the rice paper. Peel the kiwi and cut it into semi-thin slices. Peel and cut the plantain into slices. Peel and cut the nectarines into stripes.

2) In a medium skillet, sauté just the plantain in oil until golden brown and slightly crispy. Set aside.

3) Add one rice paper into a bowl with water at a time and leave it in there until soft (for about 20-30 sec.). You want to ensure it's soft, but not so soft that it can be easily ripped.

4) Remove the rice paper with two hands, allow the excess water to drip off and place on a plate or board one at a time, add the peanut butter and spread it out a bit lengthwise. Add the fruit on top of the peanut butter and close the summer roll.

4) Don't place the rolls on top of each other, they will stick to each other and rupture when you take them apart again. Enjoy!

TIP: The plantains could be eaten raw but we recommend preparing them according to the recipe. Also, if you have any other fruit at home, you can add them to the summer rolls. Every kind works great.

SMOKY ROASTED VEGETABLES WITH ORGANIC SHEPHERD'S CHEESE AND LIME

INGREDIENTS FROM THE BOX: 1/2 OF THE GOOD BANK SMOKY + SPICE SUMMER-SALT, ORGANIC SWEET POTATOES, CAULIFLOWER, 1/2 LIME, 2-3 CARROTS, ORGANIC SHEPHERD'S CHEESE

FROM YOU: VEGETABLE PEELER, VEGETABLE OIL OF YOUR CHOICE, SALT & PEPPER, BAKING TRAY, BAKING PAPER, PAN

DURATION: 60 MINUTES

1) Heat the oven to 200 degrees. Break the cauliflower into florets. Trim then chop the thick stem into small chunks and keep any leaves aside. Peel and cut the carrots into small pieces. Don't discard the leaves. Peel and cut the sweet potatoes into small cubes.

2) Put the veggies in a baking tray with 2 tbsp oil, the spice mix and some salt and pepper, then rub with your hands to coat. Roast for 45 mins, turning the veg a few times, until golden and tender. Add the cauliflower and a few carrot leaves halfway through.

3) For the shepherd's cheese, pour the oil into a pan, add one tsp. of the spice mix and some pepper and heat for 5 mins, turning once. Put the cheese in a dish, and pour the oil and aromatics from the pan over it. Leave at room temperature while you finish cooking, basting regularly so it soaks up the oil.

4) Put the veggies on a platter and douse it with lime juice. Sit the feta on top, spoon the oil around. Optionally serve with crusty bread or flatbreads.

TIP: You don't have to dispose of the rest of the carrot greens - whip up a quick pesto for pasta or dip for crackers in minutes! Cut the carrot greens into smaller pieces. Blanch in boiling, salted water for 3 minutes. Drain and rinse with cold water. Puree with a finely chopped clove of garlic, salt, pepper, and 3 tablespoons of vegetable oil with a (stick) blender to a pesto. Done!

