


Little Pink Kitchen
all things wholesome & homemade

SI JI PIN AN May you be blessed with peace and safety in all four seasons.	2/1/22 HAPPY CHINESE NEW YEAR!!!! Year of the Tiger	CHU RU PIN AN May you be blessed with peace and safety wherever you are.
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MAIN ENTRÉE OPTIONS (SELECT AT LEAST ONE)

Dish	Cooking Instructions	Mix & Match Suggestions
Roasted tangerine & basil chicken w/ scallions (Full orders= 1 whole chicken cut into pieces OR 4 chicken breasts. Half orders = 1/2 chicken cut into pieces OR 2 chicken breasts. Select ingredients omitted on request.)	Best hot. Preheat oven to 375-degrees. Cover Pyrex w/ foil and cook chicken for 20 minutes or until heated to your liking. Scatter green onions and basil over chicken. Toss gently w/ sauce and serve. Season to taste.	Imagine a lighter take on Chinese-orange-peel beef, and you'll get the idea here. The generous amount of roasted tangerine peel stays sweet and tender and gives a burst of flavor and color to this whole roasted chicken (without adding any sugar!). It's heavenly with a side of sweet potatoes and Kung Pao Brussels sprouts for lunch or dinner. Take leftovers with the farro and broccoli bowl or kale salad for lunch. FYI - the Chinese words for tangerine and luck sound alike, so the small, sweet-tart citrus is a must for both eating and displaying during Chinese New Year.
Broiled salmon w/ scallions & sesame (Full orders = 4 fillets. Half orders = 2 fillets. Please cook the fish within the first few days of delivery for optimal freshness.)	Season salmon fillets with salt and place in a resealable plastic bag; add half of the marinade. Seal bag, press out air and let salmon sit 30 minutes. Reserve remaining marinade. Preheat broiler. Toss scallions with the remaining 2 tsp. oil on a sheet pan; broil until lightly charred, about 3 minutes. Remove salmon from marinade and set on top of scallions. Spoon some reserved marinade over and broil until salmon is charred around the edges, about 6 minutes (watch closely to keep from burning). Spoon more marinade over; top with chile. Broil until salmon is charred and medium-rare at thickest part, about 2 minutes. Sprinkle with more sesame seeds.	We want to give a shout-out to Duffy at the Alaskan Seafood Company for supplying LPK with some of the finest fish around. If you haven't checked out his shop on Colfax, you should do so soon. Here, wild-caught salmon is marinated in a mixture of garlic, lime, tamari (or coconut aminos for the soy-free), honey, olive oil, and sesame seeds and then cooked over a bed of roasted scallions. It's terrific for dinner with a side of the broccoli and farro bowl and roasted sweet potatoes. Take leftovers for lunch with the kale salad or Brussels sprouts.
Sesame tofu w/ asparagus (Full orders = 1.5 lbs. of tofu. Single orders = .75 lbs. of tofu. Lettuce wraps for the grain-free)	Best hot. Heat a pan over medium. Whisk reserved sauce if separated, pour into pan, and cook until thickened and bubbling about 20 seconds. Immediately remove the pan from heat and add broccoli and tofu; toss to coat. Top w/toasted sesame seeds and scallions as desired.	This recipe is a riff on a Chinese American classic, sesame chicken. Those familiar with sesame chicken might know that the "sesame" component is sometimes limited to a ceremonial scattering of seeds on top. This version, however, ups the sesame game by incorporating an untraditional but logical addition: tahini! Made of ground sesame seeds, it adds a delicious richness. Try the tofu on top of the farro and broccoli bowl for dinner. Take leftovers with roasted squash and Brussels sprouts or kale salad.

PLUS SIDES ON NEXT PAGE

PLEASE FILL OUT THE DISH RETURN FORM BELOW AND PUT IT IN YOUR COOLER. COOLERS, WASHED DISHES, AND ICE PACKS WILL BE PICKED UP ON TUESDAY AFTER 10:30AM. We need a full set of dishes each week, so please transfer your food to your own containers when necessary. Please put lids on the containers to prevent chipping in transit. We pick up on Tuesdays regardless of whether you order or not. Thank you!		
	DISH	QUANTITY RETURNED
NAME: _____	11 CUP RECTANGLE	_____
	7 CUP ROUND	_____
	6 CUP RECTANGLE	_____
	4 CUP ROUND	_____
	3 CUP RECTANGLE	_____
	BALL JARS	_____
	ICE PACKS	_____

(DELIVERIES COME WITH ALL FIVE. UPSIZE ON REQUEST)

Dish	Cooking Instructions	Mix & Match Suggestions
Farro & broccoli bowl w/ lemony-tahini dressing (6 cup Pyrex. Brown rice or cauliflower rice on request)	Best warm. Give the grains a quick zap in the microwave and toss them with tahini dressing to taste. Add a large pinch of salt and a drizzle of olive oil if you wish. Meanwhile, give the broccoli a quick zap in the microwave. To serve, toss the warm broccoli with a sprinkle of sesame oil (provided) as desired, top grains with thinly-sliced daikon radish, and a pinch of salt. Add broccoli to the bowl and garnish with sliced scallions and toasted sesame seeds.	Here is a hearty vegetarian dinner-in-a-bowl. Farro is dressed in a lemony tahini sauce spiked with garlic and topped with charred broccoli florets and thin slices of daikon radish (from my latest farm pickup). I sometimes add a soft-yoked egg to the mix. The flavors here are mellow enough for kids, but a squirt of your favorite chili sauce adds a smack of grown-up heat. Try it as a grab-and-go lunch or serve it for dinner with the main entree, roasted squash salad.
Roasted squash salad w/ sweet potatoes & crispy chickpeas (4 cup Pyrex. Select ingredients omitted on request)	Serve warm. Nuke in the microwave or cook on a sheet pan in a 400-degree oven. Top vegetables with a drizzle of dressing and a sprinkle of scallions. The sauce contains rice vinegar, sesame seeds, miso, tamari, and olive oil. Soy-free is available.	Crispy, creamy, chewy, bright, and about a dozen other wonderful adjectives apply to this easy dinner. This recipe is part of Bon Appetit's Healthyish Feel Good Food Plan, a ten-day headstart toward eating well all year long. Try it for dinner with the broccoli and farro bowl. Take leftovers for lunch with the kale salad or serve it as a side for the main dish with a side of Brussels sprouts.
Kung-pao Brussels sprouts w/ roasted peanuts (3 cup Pyrex. Asparagus sub on request. Select ingredients omitted on request)	Best hot. Give the Brussels a quick pan fry or zap in the microwave. Drizzle on as much or as little kung-pao sauce as you like. Top with peanuts as desired and serve.	A healthy vegetarian twist on a Chinese take-out standard, these sprouts deliver crunch, spice, and zing without all of the glop. Try them with the main dish and a side of roasted squash for dinner, or serve them with the farro bowl for lunch.
Ginger beef noodle soup w/ shiitake mushrooms & rice noodles (Full orders = 1 quart. Half orders = 1 pint. Select ingredients omitted on request. Vegan version available. Noodles packaged on the side)	Best hot! Bring the soup to a low boil and add the noodles. Serve in deep bowls. Add a dash of sesame or chili oil if desired.	This gingery soup features meaty shiitake mushrooms, shredded beef, and a heap of long rice noodles. Who wouldn't want to dig into that on a cold night? The vegetarian version is equally satisfying with a warming broth and mix of vegetables and tofu (omitted for the averse). Eating long noodles on Chinese New Year ensures long life. The Chinese also believe that presenting food whole/uncut is symbolic of completeness. So there you have it. LPK wishes you a happy & prosperous 2022!
Rainbow kale salad w/ julienned carrots & beets, sliced watermelon radish, avocado, dried cranberries, toasted pumpkin seeds, sesame seeds, & carrot ginger dressing (7 cup Pyrex. Select ingredients omitted on request.)	Serve cold. Add the kale, carrot, beet, watermelon radish, half of the cubed avocado, cranberries, pumpkin seeds, sesame seeds, a pinch of salt, and a grind of pepper, and toss. Drizzle generously with the carrot ginger dressing and toss again. Top with the remaining avocado and more dressing if desired. Season to taste and dig in!	This happy, feel-good kale salad is packed with colorful vegetables, crunchy seeds, and creamy avocado. It makes a great grab-and-go lunch. You can also serve it for dinner with the main entrée and a side of sweet potatoes. Yum!!

REMINDER: THE CUT OFF TO CONFIRM OR CANCEL IS WEDNESDAY AT NOON. LATE CANCELLATIONS ARE SUBJECT TO A FEE. THANKS!

*Notes: This food is carefully cooked and packaged in a facility that uses nuts, wheat, and soy. * Pyrex can be put in a pre-heated oven up to 400 degrees. Do not put under the broiler. Place on soft hot pads or silicone once you remove it from the oven. Never put Pyrex on a hot burner. It will explode. Plastic lids cannot go in the oven. * Pyrex is also freezer safe but make sure to unthaw and bring the dish to room temp before popping it in the oven. Extreme temperature changes can cause it to crack. * Salad dressings that have congealed in the refrigerator can be nuked for 5-10 seconds to liquefy.* Most dishes are better if you cover them with saran wrap before microwaving. It prevents them from drying out. * Salad dressings, and most soups, benefit from a good stir or shake before serving. * Eat seafood within the first few days of delivery for optimum freshness * You can freeze wide-mouth Ball jars as long as there is 1" of headspace at the top of the jar. Unthaw gradually in the refrigerator. * Please wash your empty dishes before loading them into the cooler. Stack rectangular dishes together and round dishes together when possible. Put lids ON dishes to prevent chipping. Place defrosted ice packs on the bottom.* Thank you! Redies.Jennifer@gmail.com, 303-725-3836.*