

Meat Free Meal Box

At Kale & Damson we've been experimenting with a 3-course meal box for 2, and as our specialty here is fruit and veg, we thought our first effort should be meat-free. In the box you will find:

125gm pack of Roquette
Pack of 3 Black Figs
1 Cheese Goats Flower and Honey
250gm punnet of Chestnut Mushrooms
150gm of Cheese Parmesan Reggiano
500gm pack of Spaghetti Di Maritino
250gm of Banana Shallots
250gm Butter Unsalted
1 Lemon
400gm pack of Strawberries
1x 500ml Cream Aerosol
Tin of Amatller Fine Chocolate Leaves With Salt 70%

The below is the menu we came up with using these ingredients:

Starter

Fig, roquette and goats cheese salad

Main

Spaghetti in a beurre noisette sauce with mushrooms and fried sage

Dessert

Macerated strawberries and cream

Digestive

Salted dark chocolate leaves

Everything you will need to make this meal will be in the box except for a few staple items found in most kitchens; these little extras are:

- Olive oil (or a decent oil for dressing the salad, walnut oil works particularly well)
- Salt & pepper for seasoning
- Honey (this is an optional extra in the recipe but worth it if you have it)
- Coffee (to accompany the Digestive)
- Sugar (just a tablespoon for dessert...and if you take it in your coffee of course)

There is no special equipment needed to make this meal just pots, pans and a mixing bowl and you are all set.

We have also added a few suggestions where relevant, if you wanted to add a little extra to the dish, if you happen to have this to hand. Please also do let us know, how you get on with this box as a concept by posting your results on our social media platforms like Instagram, and Facebook, tagging us in the posts!

Fig, roquette and goats cheese salad

Vinaigrette:

- 1 ½ teaspoon of finely chopped shallot
- ¼ lemon (squeeze 1 tablespoon of juice)
- 1 ½ tablespoon of olive oil / walnut oil (can use any other to own liking)
- 1 tea spoon of runny honey (optional)
- Salt and pepper to taste



Prepare your vinaigrette:

- In a small bowl or ramekin, mix together finely diced shallots, oil, lemon juice, salt, pepper (and if you using it – runny honey). Let it sit while you prepare your ingredients.

Salad:

- 3 Black figs, quartered
- Roquette 125gm
- Round of honey & flower goats cheese

- Wash and dry your roquette. Place in a bowl. Toss it well with vinaigrette.
- Quarter your figs. Place them nicely on top of your roquette.
- Place goats cheese bits on top by slicing into 6-8mm rounds and breaking into pieces – be gentle, as it is very soft!



Other ideas:

While this is the route we have taken there are some other techniques you could try to jazz this dish up a bit.

Why not try slicing the goats cheese and grilling it to warm it through and give it that fluffy texture.

If you are using honey in the vinaigrette you could also glaze the figs with a little of this to add that sweetness through the dish, either in the pan or under the grill.

Spaghetti in a beurre noisette sauce with mushrooms and fried sage

250 gm of Chestnut mushrooms
180gm of spaghetti
40g unsalted butter
10 sage leaves
1 garlic clove, crushed
1 table spoon of lemon juice
Grated parmesan



- Bring a pan of salted water to boil, and cook the pasta accordingly to the pack instructions. Reserve 1 ladleful of pasta water, drain all the rest.

- Meanwhile, melt 25gm of butter in a large frying pan over a medium heat, swirling occasionally. Once the butter starts to foam and smells slightly nutty, add your sage leaves and fry for 2-3 minutes. Remove with a slotted spoon or tongs and place onto kitchen paper. Don't get rid of the butter – you will need it for the next step.



- Add sliced mushrooms to the pan, season with salt and pepper and cook for about 5 minutes, until they are brown. Stir in the garlic and cook for another minute, continuously stirring so the garlic does not colour.

- Add the cooked pasta back to the pan, add the mushrooms using tongs to stir, add lemon juice, remaining butter and parmesan. Once the butter has melted, add just enough of the pasta water you saved earlier, to give a silky sauce. Season to taste.

If you used a walnut oil for the previous dish and have some of this left try drizzling a little of this on the plate before serving.



Macerated strawberries and cream

- 1 x400gm punnet of strawberries
- 1/3 of a lemon (squeeze 2 tablespoons of lemon juice)
- 1 tablespoon of sugar
- 1 cream aerosol

Macerated strawberries:

- Slice length-wise or quarter the strawberries and put in a bowl.
- Add lemon juice and sugar and mix well. Leave at room temperature for 35 - 40 minutes.
- Don't keep out for too long as they might get mushy!



Assemble:

- Place slices of macerated strawberries into the glass, adding a little bit of the syrup that has formed in the bowl, and then squirt aerosol cream to cover (about 2 cm), then add another layer of strawberries (but this time without adding syrup) and then cream again.
- Garnish with 2-3 strawberry slices and serve immediately.



Possible extras:

If you are not using all of the chocolate leaves with a coffee as a digestive why not try melting some of these in the microwave and mixing in a few teaspoons of milk to make a salted chocolate sauce for pudding. We also sell shortbread if you wanted to break some up in this pudding for a bit of textural crunch.

Salted dark chocolate leaves

While these chocolate leaves do not require any work beyond opening the packet there should be some aerosol cream left from dessert so why not treat yourself to a quick boozy coffee topped with cream (with the Italian influence in this menu try a measure of Amaretto?)

