

HOW TO USE YOUR LEFTOVERS

Needing some inspiration as to how to use the leftover ingredients from your meal kit?

LEEKS & SQUASH

Thinly slice the vegetables, add to a pot with a bit of oil or butter, sweat the vegetables for a couple of minutes, add vegetable broth or chicken broth, salt & pepper, simmer for about 20 minutes to make a delicious soup.

PARSNIP

Do the same as the leek and squash – Add some spinach, rosemary and pears if you have any on hand, followed by some cream. Cook until vegetables are soft, process in a food processor. This will create a sublime pear and parsnip potage.

SQUASH

Cut into pieces drizzled with camelina oil, rosemary, thyme, drizzles of apple cider vinegar and maple syrup. Roast in the oven, then sprinkle with nutritional yeast. Can be enjoyed as an appetizer or side dish.

RADISH

Thinly slice the radish and overlap them on French bread with butter to create “Radis au beurre”.