

**LOCALLY SOURCED**



**GLOBALLY INSPIRED**



## **STARTER - SARDINE KEFTE TAGINE, CAULIFLOWER COUSCOUS, PRESERVED LEMON YOGHURT, HARISSA, SHROPSHIRE MICROHERBS**

### **What's in the Box?**

1. Tomato tagine sauce
2. Sardine kefte (**Vegan option is falafel**)
3. Cauliflower couscous
4. Lemon yoghurt (**Vegan option is coconut lemon yoghurt**)
5. Harissa
6. Micro herbs

### **What do you need at home?**

- 2 x Saucepans
- 1 x Oven tray (**Vegan option only**)
- Serving bowls

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

1. Begin by emptying the tomato tagine sauce(1) into one of the saucepans and placing over a medium heat.
2. Take the sardine keftes (2) and place them in the tomato sauce to heat through. If you are having the **vegan option** preheat the oven to 180c and pop your falafel (1) on the tray in the oven to heat through.
3. Now empty the couscous (3) into the other sauce pan and place over a medium heat. Season with a touch of salt and add a splash of water to stop it from sticking.
4. Once the keftes or falafels are hot throughout and the couscous has warmed through and slightly softened it's time to dish up. Around 10 to 15 mins.
5. Begin by spooning the cauliflower couscous in a line into the base of the bowl.
6. Place the kefte or falafel on top of the couscous and pour over the tomato sauce.
7. Next spoon out the yoghurt (4) ontop of the balls.
8. Pile the micro herbs (6) up high and finally drizzle with the harissa (5).

I first tried these sardine balls in the souks of Marrakech at a restaurant called Le Jardin. It blew my mind and I have tried to achieve them at home many times and think they are delicious. We hope you do too!

**\*\*Although we have taken care to remove the bones from the fish please be wary as there may still be the odd few\*\***

**Allergy advice: Fish (kefte), Celery (tomato sauce), Sulphites (kefte sauce and harissa)**

**Milk (yoghurt), Soya (coconut yoghurt - **vegan only**)**



## MAIN - CHICKEN SHARKASEYA, HODMEDOD CARLIN PEA & LENTIL T'FAYAH, GREENS, PICKLED VEG, CORIANDER

### What's in the Box?

1. Carlin pea and lentil t'fayah
2. Sharkaseya sauce
3. Greens
4. Chicken (**Vegan option is cauliflower**)
5. Pickled veg
6. Coriander
7. Smoked paprika

### What do you need at home?

- 1 x Frying pan
- 2 x Sauce pan
- Serving plates

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

1. Begin by emptying the t'fayah (1) into the saucepan and place over a medium heat. Keep an eye on it and add a splash of water if it's looking a little dry.
2. Next empty the sharkaseya sauce (2) into one of the saucepans and place over a low heat.
3. Place the chicken (4) or cauliflower in the sauce to heat through thoroughly.
4. Now tip the greens (3) into the hot t'faya and toss together with an aim of heating the greens through rather than wilting them down.
5. Once you are happy that the food is piping hot it's time to plate.
6. Begin by spreading the goodies in the t'faya and greens all over the base of the plate.
7. Next spoon all the chicken and sauce over the t'faya mix.
8. Top the dish with the pickled veg (5) and sprinkle with the coriander (6).
9. Finally, apply a liberal sprinkling of the smoked paprika (7).

The t'faya is the sweet and sour onion part of the mix and is often served as an accompaniment to grilled meats & couscous. I think it goes nicely with the nutty & garlicky walnut sauce. Just watch out, there is a lot of garlic in the sauce so maybe keep a little distance after eating!

**Allergy advice: Gluten, Milk, Celery, Nuts (sharkasaya sauce), Sulphites (in vinegar in tfaya & pickled veg)**

# PUDDING - M'HANNCHA (SNAKE CAKE), APPLE, ALMOND PRALINE, MAWLEY CREAM

## What's in the Box?

1. Apple puree
2. M'hanncha
3. Cream (Vegan option is whipped tofu)
4. Praline

## What do you need at home?

- 1 x Saucepan
- 1 x Oven tray

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

1. Preheat the oven to 150c.
2. Empty the apple puree (1) into the saucepan and place over a low heat.
3. Place the M'hanncha (2) on the oven tray and pop it in the oven.
4. Once the puree is hot and the M'hanncha is warmed through it time to plate.
5. Begin by spooning the apple puree into the base of the plate.
6. Place the warmed m'hanncha on top of the apple.
7. Finally place the cream (3) quenelle on top of the M'hanncha and sprinkle with the praline (4).

All over North Africa there a bountiful stores selling stuffed pastries. This homely version is made a little more desert like with the apple and cream. Enjoy!

**Allergy advice: Contains Milk (cream), Nuts (praline, m'hanncha)  
Eggs (chocolate brioche), Soya (vegan whipped tofu)**





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## THIS WEEK'S AMAZING SUPPLIERS

Fish from **The Fish House**, [thefishhouseludlow.co.uk](http://thefishhouseludlow.co.uk)

Microherbs from **Shropshire microfarm**, SY1

Apples from **CDAD**, Munslow

Carlin peas and lentils from **Hodmedods**, [hodmedods.co.uk](http://hodmedods.co.uk)

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

Chicken from **Springfield poultry**, Leominster

Carrots & swede from **Harehill Farm**. [www.harehillfarm.co.uk](http://www.harehillfarm.co.uk)

Cauliflower from **B and G nurseries**, Evesham

Milk and cream from the very awesome **Mawley Town Farm**,  
[www.mawleytownfarm.co.uk](http://www.mawleytownfarm.co.uk)

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

8 Milk Street - **Shrewsbury** - Shropshire - SY1 1SZ - 01743 272709

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

