

**LOCALLY SOURCED**



**GLOBALLY INSPIRED**



**STARTER - PARSNIP CEVICHE, AGAVE ROAST PARSNIP PUREE, SPICED AGAVE SEEDS, CORIANDER & CHILLI MAYO, TORTILLA.**

**What's in the Box?**

1. Parsnip puree
2. Tortilla
3. Parsnip ceviche
4. Chilli & coriander mayo
5. Agave candied seeds

**What do you need at home?**

- 1 x Oven tray
- 1 x Sauce pan
- 1 x Plate
- Serving plates

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

1. Preheat oven to 180c
2. Empty the parsnip puree (1) into the sauce pan and place over a low heat, stir frequently to avoid it catching.
3. Place the tortilla (2) on the oven tray and pop it in the oven for a few minutes.
4. Take the parsnip ceviche (3) and tip it onto a plate so that you can easily lift it from the juice when it is time for plating.
5. Once the puree is warmed through and the tortilla refreshed and crispy it's time to plate.
6. Spread the parsnip puree slightly to one side of the plate to create a well.
7. Lay the parsnip ceviche in a line, half in and half out of the puree.
8. Lay the tortilla slices at alternating angles to each other and leaning up against the ceviche.
9. Drizzle the chilli & coriander mayo (4) all over the dish and sprinkle with the agave seeds (5).

This weeks menu has a Central American vibe! I don't think they grow parsnips in Central America but after seeing this dish they might! Anyway, we hope you like it, we think it's delicious!

**Allergy advice: Eggs (mayo, not in vegan), Mustard (mayo), Sulphites (from vinegar in mayo), Gluten (tortilla)**



## MAIN - CARNE GUISADA, LONGHORN BEEF, CARROTS, POTATOES, RECAITO, SOFRITO, JAMAICAN SPINNERS, CHILLI & CORIANDER.

### What's in the Box?

1. Guisado
2. Longhorn beef (**vegan is spiced tofu**)
3. Carrot & potato
4. Recaito
5. Sofrito
6. Jamaican spinners
7. Chilli & coriander

### What do you need at home?

- 1 x Sauce pan
- Serving Bowls

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

1. Begin by emptying the guisado (1) into the sauce pan and placing over a medium heat.
2. Once the guisado begins to boil add the beef (2) or **tofu** and lower the heat so that enough time is allowed for the heat to penetrate the meat.
3. Once it comes back to a simmer add the carrot & potato (3).
4. When it comes back to a simmer again add half the recaito (4) and half the sofrito (5) and stir.
5. After the stew comes back up to a simmer check that it has not become too thick. If you feel it maybe too thick add a little water and bring back to the simmer before adding the Jamaican spinners (6) to the top and push them gently under the sauce.
6. After a couple of minutes the spinners should be ready and it's time to plate. Ensure everything is piping hot. Plating is simple this week.
7. Empty the guisado into the bowl with everything other than the spinners.
8. Place the spinners on top of the dish pointing out from the centre.
9. Spoon the remaining recaito into the centre of the dish.
10. Dot the remaining sofrito all around.
11. Finally garnish with the chilli and coriander (7).

What more do you need on a chilly night than a big bowl of spicy stew. The bold, fresh flavours of the recaito and sofrito really bring this dish to another level. Deeeelicious!

**Allergy advice: Celery (guisado), Gluten (spinners), Soya (tofu vegan only).**

# PUDDING - CHOCOLATE & HAZLENUT CIGAR, SWEET QUESO FRESCO, CINNAMON, LIME & ORANGE.

## What's in the Box?

1. Choc & hazelnut cigar
2. Sweet queso fresco (vegan option is whipped tofu)
3. Lime & orange syrup
4. Cinnamon sugar
5. Candied fruit

## What do you need at home?

- 1 x Oven tray
- Serving bowls

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

1. Preheat the oven to 150c.
2. Take the choc & hazelnut cigar (1) and place it on the baking tray before popping it in the oven for a few minutes to warm up.
3. Begin plating by spooning the sweet queso fresco (2) or **whipped tofu** to one side of the bowl.
4. Lean the warmed cigar up against the queso fresco ensuring you can still see it underneath.
5. Next drizzle the lime and orange syrup (3) all over the dish.
6. Sprinkle with the cinnamon sugar (4).
7. Finally garnish with the candied fruit slice (5)

A nice big Cuban style cigar to round off your dinner. I would suggest trying to smoke this one might be a challenge though. Instead we recommend you pick it up, dip it and eat it!

**Allergy advice: Contains Milk (sweet queso), Nuts & Gluten (cigar), Soya (vegan tofu)**



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## THIS WEEK'S AMAZING SUPPLIERS

Longhorn beef from **Great Berwick organics**, [longhornbeef.co.uk](http://longhornbeef.co.uk)

Parsnips from **Frederik Hiam**, [frederik-hiam.co.uk](http://frederik-hiam.co.uk)

Chocolate from **Callebaut**, [callebaut.com](http://callebaut.com)

Queso fresco made from **Ludlow farm shop**, [yoghurt](http://yoghurt)

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

Eggs from **Hollowdene hens**, [hollowdenehens.com](http://hollowdenehens.com)

We make all our own spice mixes using fairly traded, quality ingredients from **Suma co-operative** [www.suma.coop](http://www.suma.coop)

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