

LOCALLY SOURCED



GLOBALY INSPIRED

STARTER - VEGETABLE PAKORA, LENTILS KACHUMBER, YOGHURT DRESSING, PICCALILLI CHILLI, GUNPOWDER, SHROPSHIRE MICROGREENS

What's in the Box?

- | | |
|--|-------------------------|
| 1 Seasonal pakora | 2 Speckled lentils |
| 3 Kachumber | 4 Piccalilli |
| 5 Yoghurt dressing (VEGAN option is Almond and Lemon butter) | 6 Gunpowder |
| 7 Pickled chilli | 8 Shropshire microherbs |

What do you need at home?

- 1 x oven tray
- 1 x mixing bowl
- Serving plates

Directions – Please also see the video at www.csons-ludlow.co.uk/csonsathome/

1. Set oven to 180c.
2. Place pakora (1) on tray in oven for 10–15 minutes or until piping hot throughout.
3. Empty the lentils (2) into the mixing bowl and add 2/3 rds of the kachumber (3) gently mix and set aside.
4. Once the pakora are ready remove from the oven and begin to plate.
5. Spread the lentil and kachumber mix in the centre of the plate and place the pakora on top.
6. Spoon piccalilli (4) and the rest of the kachumber (3) over the top of the pakora and around the lentils.
7. Pour the yoghurt dressing (5) over the top.
8. Sprinkle everything with gunpowder (6).
9. Garnish with the pickled chilli (7) by placing them on the pakora (assuming you want extra spice) and finish with the Shropshire microherbs (8).

**Allergy advice: Contains Milk (yoghurt), Gluten (Piccalilli), Mustard (Piccalilli and lentils)
Sulphites (In vinegar), Nuts (in Vegan dressing)**



MAIN - CHICKEN SHAWARMA, COUSCOUS, GREENS MINT AND CARDAMOM YOGHURT, HARISSA, DUKKAH

What's in the Box?

- 1** Chicken shawarma (VEG option is Cauliflower)
- 2** Couscous **3** Persimmon greens
- 4** Mint & cardamom yoghurt
(VEG option is Tahini dressing)
- 5** Harissa **6** Dukkah
- 7** (VEG only) Harissa carlin peas

What do you need at home?

- 1 x baking tray
- 1 x mixing bowl
- 1 x frying pan
- 1 x small saucepan + 1 more for
the VEG option only
- Serving plates

Directions – Please also see the video at www.csons-ludlow.co.uk/csonsathome/

- 1.** Set oven to 180c.
- 2.** Fill a saucepan 2/3rds with water and bring to a gentle simmer.
- 3.** Empty the shawarma and peppers (1) onto a baking tray. Turn the chicken thighs skin side up so the skin crisps up and place in oven for 15 minutes or until piping hot throughout and golden brown on top. Add a little water or white wine if they start to dry out. The VEG option only needs 10 minutes and don't add the water/wine.
- 4.** Put the couscous (2) in the in the mixing bowl and place on top of the pan to warm in the steam above the simmering water. Make sure your bowl is big enough so it doesn't fall in and stir every so often to make sure it gets warmed throughout.
- 5.** VEG only. Put the harissa carlin peas (7) in a pan and heat gently. Add a little water if required.
- 6.** Heat the frying pan on a medium heat and once hot add the greens (3) and cook till wilted and soft. Set aside and drain any excess liquid.
- 7.** It's time to plate. First mound the couscous in the centre of the plate.
- 8.** Place the greens on the couscous offset to one side a little.
- 9.** Add the peppers from the shawarma (and the carlin peas for VEG option). Pile them in the middle of the couscous.
- 10.** Stack the chicken thighs or cauliflower on the top.
- 11.** Drizzle the yoghurt (4) (or tahini for the VEG option) over the top and around the plate followed by the harissa (5).
- 12.** Finally sprinkle the dukkah (6) over the dish.

**Allergy advice: Contains celery, sesame, gluten (couscous only) dairy (yoghurt only)
nuts (dukkah only) & sulphites.**

PUDDING - LEMON YUM, CURD GINGER BISCUIT, CHOCOLATE

What's in the Box?

1. Ginger biscuit (VEGAN is Aquafaba meringue)
- 2 Lemon yum (VEGAN is Lime & coconut cream)
- 3 Lemon curd (not in VEGAN option)
- 4 Chocolate

What do you need at home?

- 1 x spoon
Serving glasses/bowls


Directions – Please also see the video at www.csons-ludlow.co.uk/csonsathome/

1. We recommend doing this pudding before the starter and main. You can then put them in the fridge and enjoy them at the end without any extra work! The VEGAN option is better served when you are going to eat it.
2. Place the ginger biscuit or meringue (1) in the bottom of the your selected glass or bowl. It's a 70's style pud, so go as retro as you like with it!
3. Spoon the Lemon yum or lime and coconut cream (2) over the top of the biscuit/meringue and push down a little to level it.
4. Put a lovely dollop of curd (3) in the middle.
5. Finally sprinkle the magic fairy dust (4) oh wait, that's chocolate sorry over the top.
6. Pop the finished pud in the fridge so you can enjoy at the end of your meal and say yum a lot!
7. That's it, now enjoy!

Allergy advice: advice: Contains **milk, eggs, gluten (biscuit only) & sulphites (sugar)**

No milk, eggs or gluten in vegan option.





LOCALLY SOURCED



GLOBALLY INSPIRED

THIS WEEK'S AMAZING SUPPLIERS

Tomatoes, greens, cucumber and spring onions from **Harehill Farm**, Edgton, Shropshire, harehillfarm.co.uk

Micro herbs from **The Shropshire Micro Farm**, SY1

Free range chicken from **Springfield Poultry**, Steen's Bridge
Nuts & seeds from **The Ludlow nut company**, ludlownut.co.uk

British grown Carlin peas and pulses from **Hodmedods**
www.hodmedods.co.uk

We make all our own spice mixes using fairly traded, quality ingredients from **Suma co-operative** www.suma.coop

Free range hens eggs from **Hollowdene hens**, SY4

Milk and cream from the very awesome **Mawley Town Farm**,
www.mawleytownfarm.co.uk

All our flour comes from the master millers at **Shipton Mill**
www.shipton-mill.co.uk

Our Belgian chocolate is from **Callebaut**, they pride themselves on being sustainable and supporting the farmers who grow their cocoa. www.callebaut.com

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

