

box of the month: **February 2021** **vegetarian**

**parsnip and nutmeg
veloute, fresh mini loaf**

**moroccan spiced
cauliflower, fruity
couscous, carrot and
courgette ribbon salad**

**heart shaped brownies,
with fondants**

don't know what it is to
sauté? scan this code and
we'll give you a run down
on some terms chef's use
that might just impress
your friends!



starter

Velouté - pour into a saucepan and warm gently until **piping hot**. Try not to boil.

Mini loaf - place in a preheated oven at 180°C for five mins to warm through.

main

Cauliflower - put the cauli in the oven wrapped in tin foil and reheat for 15 mins until the cauli is just soft (cook for longer if you like your cauli soft and mushy).

Couscous - microwave until hot. Simple.

Salad - using a peeler, peel ribbons of the courgette and carrot. A speed peeler is best for this! Mix with the salad dressing in a bowl.

dessert

Fondants - heat the oven to 180°C place the fondants on a tray and bake for exactly 9 mins. This is about the right amount of time to get that gooey soft centre! Turn the fondant out onto a plate.

Careful with the fondants they'll be hot!

Plating is down to you! You can make it look as fancy as you like or just thrown on a plate. We **supply the taste** you **supply the presentation**.

Words in green are defined at supplythetaste.com/stuck (qr code on the front) if you need a little help