



Riverland Family Farms

2022 CSA, Week 16



- Cucumbers (Slicing/ Persian) *2 each*
- Purple Viking Potatoes *1.5 lb*
- Interlaken Grapes *1 lb*
- Romain Lettuce *head*
- Curly Purple Kale *bunch*
- Turnip *bunch*
- Sunshine Squash *each*
- Red Bell Pepper *2 each*



Grilled Hearts of Romaine with Chilli Pumpkin Seeds

Serves 4

For Chilli pumpkin seeds:

- ◇ ¼ cup raw pumpkin seeds
- ◇ 1 Tbsp extra virgin olive oil
- ◇ ½ tsp ground paprika
- ◇ Fine sea salt
- ◇ 1 tsp red chilli flakes

For garlic yogurt dressing:

- ◇ ¾ cup plain, full-fat Greek yogurt
- ◇ ¼ cup crème fraiche
- ◇ 2 Tbsp pomegranate molasses
- ◇ 2 Tbsp fresh lime juice

- ◇ 2 garlic cloves, peeled and grated
- ◇ ½ tsp ground turmeric
- ◇ Fine sea salt
- ◇ 2 Tbsp extra-virgin olive oil, plus extra to brush the grates off the grill
- ◇ 2 hearts of romaine lettuce
- ◇ 1 lime, halved
- ◇ 2 Tbsp shaved Parmesan for garnish



Source: *The Flavor Equation*, by Nik Sharma

To prepare the seeds, heat a small skillet over medium heat. In a small bowl, mix the pumpkin seeds, olive oil, and paprika. Season with salt. Add the seeds to the hot pan and sauté until they start to turn golden brown, 1 to 1 ½ minutes. Remove from the heat, add the chilli flakes, toss to coat well, and spread the seeds out on a plate.

To prepare the dressing, combine the yogurt, crème fraiche, pomegranate molasses, lime juice, garlic, and turmeric in a blender. Pulse for a few seconds until completely smooth. Taste and season with salt.

Heat a grilling pan over medium high heat. Brush the pan with a little olive oil. Cut the lettuce in half lengthwise and brush the surface of the lettuce and the lime halves with oil. Place the lettuce halves, cut-side down, on the hot pan until the lettuce develops nice char marks, then flip 2 to 2 ½ minutes per side. Remove from the heat and season with salt. Place the lime on the hot surface of the grilling pan and sear until they start to develop a few char marks from the grill, about 1 minute.

To serve, place the lettuce on a large serving dish. Drizzle a few tablespoons of the garlic yogurt dressing over the lettuce. Sprinkle the pumpkin seeds and parmesan, if desired, on top. Place the grilled limes on the side along with the remaining dressing. Serve immediately.