



The  
Good  
Eggs

**Dozer**

VOL. 1  
SPRING  
2020



VOL. 1 / SPRING 2020

# Recipes That Celebrate Spring

Welcome to the first edition of the **Good Eggs Dozen**, a quarterly zine featuring twelve of our favorite seasonal recipes. We searched our library of Meal Kits to find dishes that highlight spring ingredients like asparagus, peas, and artichokes, while still being simple enough to cook on busy weeknights. You'll also find a new go-to pizza from one of our producers, Full Belly Farm, that's topped with grilled vegetables and tangy, sun-dried tomatoes. Dust off your patio set, open a bottle of rosé, and invite your friends over for some al fresco dining — spring is here!

**We believe good food is the most powerful force for change.**

That's why we have some of the highest standards in the industry and we'll never compromise.

## What's in it & how it's made

We demand complete transparency for every product in our Marketplace — not only when it comes to the list of ingredients, but for the entire supply chain.

## Where it comes from

Local producers are the heart of the Good Eggs community. A majority of the products we carry come from within 250 miles of our Hub.

## How it's raised

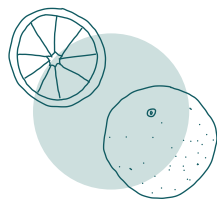
Responsible agriculture practices and animal welfare are essential parts of a sustainable future. We prioritize working with pasture-based systems with meaningful outdoor access that are good both for animals and the environment.

## How it's grown

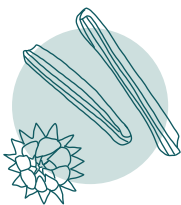
Our roots are in local produce, grown right. Organic fruits and vegetables are our focus when stocking the Marketplace — around 90% of our produce is certified organic. Another 5% is sourced from small producers who meet or exceed those standards but aren't certified.

# What's in season this spring?

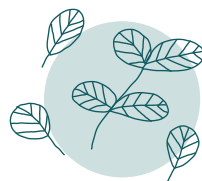
As winter citrus begins to wane, spring brings an abundance of fresh produce. It's time to eat tangy-sweet berries, tender green vegetables, and fleeting favorites like ramps, morel mushrooms, and purple sprouting broccoli.



Grapefruit



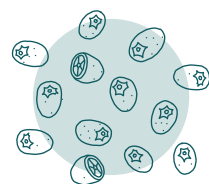
Cardoons



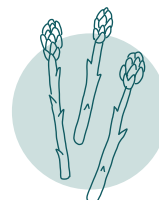
Fava Greens



Kohlrabi



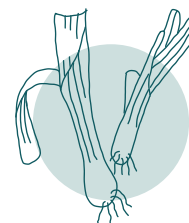
Kumquats



Asparagus



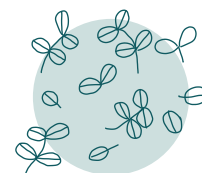
Dandelion Greens



Green Garlic



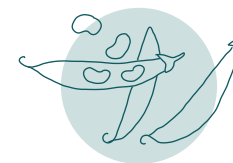
Nettles



Pea Shoots



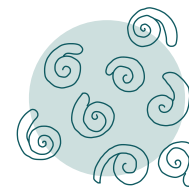
Artichoke



Fava Beans



Purple Sprouting Broccoli



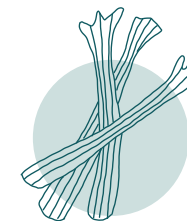
Fiddleheads



Morels



Peas



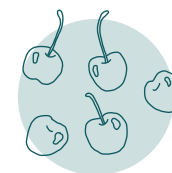
Rhubarb



Strawberries



Ramps



Cherries

# Spatchcocked Chicken with Arugula-Bread Salad

Recipe by Sarah Fritsche

4 cups baguette, torn into bite-size pieces

5 tablespoons olive oil, divided

Salt and freshly ground pepper

1 brined, spatchcocked chicken (about 3 lbs)

1 teaspoon Dijon mustard

Juice of 1 lemon

1 cup sliced green onions, white and pale green parts only

3 tablespoons dried currants

4 oz arugula



20 minutes active

50 minutes total



Makes 4 servings



Omnivore



Little Helper Tip

Little ones can help tear the baguette

- 1 Preheat the oven to 475°F. Line a sheet pan with parchment.
- 2 Place the torn baguette on the prepared pan, drizzle with 2 tablespoons of the olive oil, season with salt and pepper, and toss to coat. Mound the bread in the center of the pan. Remove the chicken from the packaging and pat dry with paper towels. Spread the chicken out, skin-side up, directly on top of the bread, covering most of it. Rub the skin with 1 tablespoon of the olive oil.
- 3 Transfer the pan to the oven and roast until the chicken is golden and no longer pink at the center of the thickest part (165°F on a meat thermometer), and the bread is crisp but still has a bit of chew, 30 to 40 minutes. Transfer the chicken to a board and rest, 5 minutes. (If the bread is still a little soft when the chicken is ready, pop it back in the oven for a few more minutes to crisp up while the chicken rests.)
- 4 Meanwhile, in a large bowl, whisk together the Dijon mustard, lemon juice, and remaining 2 tablespoons of olive oil. Stir in the green onions and dried currants.
- 5 Fold the toasted bread into the dressing. Add the arugula, season with salt and pepper, and toss to combine.
- 6 Carve the roasted chicken into breast and leg pieces. Transfer the pieces to plates, with the salad on the side. Grind with pepper and serve warm.

# Sheet-Pan Trout with Potatoes & Asparagus

Recipe by Chris Chapman

2½ oz herb butter

14 oz steamed potatoes

3 tablespoons olive oil, divided

Salt and freshly ground pepper

1 bunch asparagus, trimmed

¾ lb trout

1 lemon, cut into wedges



15 minutes active

25 minutes total



Makes 3 servings



Pescatarian

- 1 Preheat the oven to 450°F. Line a sheet pan with foil. Remove the herb butter from the fridge and let it come to room temperature.
- 2 In a bowl, toss the potatoes with 1 tablespoon of the olive oil, and season with salt and pepper. Arrange over a third of the prepared pan. Transfer the pan to the oven and roast until the potatoes begin to crisp, about 15 minutes.
- 3 Meanwhile, in the same bowl, toss the asparagus with 1 tablespoon of the olive oil, and season with salt. Remove the trout from the packaging and pat dry with paper towels. Drizzle with the remaining 1 tablespoon olive oil and season with salt.
- 4 Add the asparagus and trout to the pan. Return the pan to the oven, and continue to roast until the trout flakes easily when pierced with a fork, 4 to 5 minutes longer.
- 5 Transfer the trout, potatoes, and asparagus to plates. Top with a pat of the herb butter and grind with pepper. Serve warm, with the lemon wedges for squeezing.

# One-Skillet Lamb Chops with Minted Peas

Recipe by Sarah Fritsche

6 lamb chops (about 1.5 lbs)  
Salt and freshly ground pepper  
4 tablespoons olive oil, divided  
½ cup chopped red spring onions  
1 lb English peas, shelled

2 tablespoons butter  
2 oz pea shoots  
1 handful mint leaves, torn  
Juice of ½ lemon, plus wedges for serving  
Cooked farro for serving



20 minutes active  
30 minutes total



Makes 3 servings



Omnivore



Little Helper Tip

Little ones can help shell the peas

- 1 Remove the lamb chops from the packaging, pat dry with paper towels, and season with salt and pepper.
- 2 In a large sauté pan over medium-high heat, warm 2 tablespoons of the olive oil. Add the lamb chops and cook until done to your liking, 3 to 4 minutes per side for medium-rare. Transfer the lamb chops to a plate and keep warm.
- 3 Wipe out the pan, return it to medium-high heat, and warm the remaining 2 tablespoons olive oil. Add the spring onions and sauté until softened slightly, 2 minutes. Turn down the heat to medium, add the peas and ½ cup water, and cook until the water is almost evaporated and the peas are just tender, 3 to 4 minutes.
- 4 Remove the pan from the heat, stir in the butter, and fold in the pea shoots until barely wilted. Fold in the torn mint leaves last. Drizzle with the lemon juice, and season with salt and pepper.
- 5 Transfer the lamb chops to plates and spoon the farro and peas on the side. Grind with pepper and serve warm, with the lemon wedges for squeezing.

# Brined Pork Chop with Carrots & Sugar Snaps

Recipe by Chris Chapman

1 large brined pork chop (about 1 lb)  
2 tablespoons olive oil  
1 lb fingerling potatoes, cut into halves or quarters  
Salt and freshly ground pepper

1 bunch baby carrots, cut into halves or quarters  
½ lb sugar snap peas, trimmed  
2 tablespoons butter, plus more for serving  
Juice of ½ lemon, plus wedges for serving



20 minutes active  
45 minutes total



Makes 3 servings



Omnivore

- 1 Preheat the oven to 425°F. Remove the pork chop from the brine and pat dry with paper towels.
- 2 In a cast-iron skillet or ovenproof pan over medium-high heat, warm the olive oil. Add the pork chop and cook until it begins to brown on the first side, 3 to 5 minutes. Flip the pork chop, add the potatoes to the pan, and season with salt and pepper.
- 3 Transfer the pan to the oven and roast until the pork is nearly firm or a meat thermometer registers 135°F when inserted into the thickest part, and the potatoes are tender, 25 to 30 minutes. Transfer the pork chop to a cutting board to rest, 5 minutes. Slice the meat across the grain.
- 4 In a frying pan over medium-high heat, combine ½ cup water and ¼ teaspoon salt. Bring to a simmer, add the carrots, and cook until nearly tender, 3 minutes. Add the sugar snaps and cook until bright green, 1 to 2 minutes longer. Drain any remaining water from the pan, if necessary. Add the butter and stir to melt and coat. Squeeze with the lemon juice and season with salt to taste.
- 5 Transfer the sliced pork to plates, and spoon the roasted potatoes and buttered vegetables on the side. Grind with pepper and serve warm, with more butter for spreading, and lemon wedges for serving.



# Grilled Asparagus Pizza

Tender spring asparagus teams up with charred onions for a pizza that's grassy and sweet. Let the pros stretch the dough for you, so all you need to do is top and bake.

**½ bunch asparagus, trimmed**

**2 tablespoons olive oil, divided, plus more for drizzling**

**Salt and freshly ground pepper**

**1 onion, sliced into thick rounds**

**1 handful sun-dried tomatoes**

**1 par-baked pizza crust**

**2 cups shredded mozzarella cheese**

**1 handful chopped fresh oregano leaves**



20 minutes active

30 minutes total



Makes 3 servings



Vegetarian



Little Helper Tip

Little ones can scatter the oregano on the pizza

- 1 Preheat the oven to 425°F. Place the asparagus in a baking dish, drizzle with 1 tablespoon of the olive oil, season with salt and pepper, and turn to coat. Brush the onion slices with the remaining 1 tablespoon olive oil, and season with salt and pepper on both sides.
- 2 Preheat a grill over medium-high heat, and oil the grate. Add the onion slices and grill until well marked on both sides, 8 to 10 minutes. Add the asparagus and grill until tender-crisp, 3 to 5 minutes. Transfer the onion and asparagus to a board. When cool enough to handle, chop into bite-size pieces.
- 3 Meanwhile, in a small bowl, soak the sun-dried tomatoes in enough boiling water to cover, 3 minutes. Drain and chop them into bite-size pieces.
- 4 Remove the pizza crust from the package, but leave it on the cardboard. Sprinkle lightly with water around the edges. Sprinkle with the cheese, onion, asparagus, and sun-dried tomatoes (you may not need all of the toppings). Drizzle the whole pizza with olive oil. Shimmy the pizza from the cardboard directly onto the oven rack and bake until bubbly and golden, 8 to 12 minutes.
- 5 Using a clean towel or the cardboard, transfer the pizza to a cutting board. Scatter with the oregano leaves, cut the pizza into wedges, and serve warm.



📍 Guinda, CA

Full Belly Farm is a 400-acre certified organic farm located in the beautiful Capay Valley of Northern California, north of Sacramento and the San Francisco Bay Area. Full Belly has been farmed using organic practices since 1985 and is certified by California Certified Organic Farmers.

The farm owners are Andrew Brait, Judith Redmond, Paul Muller, Dru Rivers, Jenna Muller, and Amon Muller. With help from about 80 employees, the farm produces an amazing

diversity of vegetables, herbs, nuts, flowers, and fruits year-round. The farm also has a flock of chickens and sheep, a tribe of goats, and several cows.

They are committed to fostering sustainability on all levels, from fertility in their soil and care for the environment, to stable employment for their farm workers. They strive to be good stewards of their farm, so that this generation and future generations may continue to be nourished by the healthy and vibrant food that they produce.

# Polenta with Spring Vegetables & Fried Eggs

Recipe by Chris Chapman

Salt and freshly ground pepper

1 cup polenta

1 cup milk

3 tablespoons olive oil, divided, plus more for drizzling

1 spring onion, sliced

1 green garlic, sliced

½ bunch asparagus, cut into bite-size pieces

1 lb English peas, shelled

1 tablespoon herb butter

3 large eggs

Grated Parmesan cheese for sprinkling

1 lemon, cut into wedges for serving



20 minutes active

25 minutes total



Makes 3 servings



Vegetarian



Little Helper Tip

Little ones can help shell the peas

- 1 In a small pot, bring 3 cups water and a pinch of salt to a simmer. In a bowl, combine the polenta, milk, and a pinch of salt and let soak. When the water is simmering, whisk in the polenta, along with the soaking liquid. Turn down the heat to low, cover, and simmer until tender, stirring occasionally, about 10 minutes. Remove from the heat and whisk in 1 tablespoon of the olive oil and ½ teaspoon salt.
- 2 In a cast-iron skillet or non-stick frying pan over medium-low heat, warm 1 tablespoon of the olive oil. Add the spring onion and green garlic and sauté until soft, 5 minutes. Add the asparagus and peas, along with ¼ cup water and a pinch of salt, and cook until the water has mostly evaporated and the vegetables are tender-crisp, 3 to 4 minutes. Add the herb butter and stir until melted. Season to taste with salt and pepper. Transfer the vegetables to a plate and set aside and keep warm.
- 3 Wipe out the pan, return it to the heat, and warm the remaining 1 tablespoon olive oil. Crack the eggs into the pan and fry until the whites are set but the yolks are still runny, 3 minutes for sunny-side up.
- 4 Spoon the polenta into bowls, add the spring vegetables, and slide the fried eggs on top. Sprinkle with the grated cheese, drizzle with olive oil, grind with pepper, and serve warm, with the lemon wedges for squeezing.

# Crispy Tofu Stir-Fry with Asparagus & Mushrooms

Recipe by Becky Duffett

10 oz firm tofu

¼ cup vegetable oil, plus 2 tablespoons

8 oz baby shiitake mushrooms, cut in half or left whole

1 bunch asparagus, cut into bite-size pieces

5 oz stir-fry sauce

Soy sauce

Cooked rice for serving

2 handfuls sliced green onions, green parts only

Sesame seeds

Chile flakes (optional)



25 minutes active

25 minutes total



Makes 3 servings



Vegetarian

- 1 Remove the tofu from the packaging, and press it between paper towels to remove any excess moisture. Cut the tofu into large dice.
- 2 In a large frying pan or wok over medium-high heat, warm ¼ cup vegetable oil. When it shimmers, add the tofu and stir-fry until golden, 8 to 10 minutes. Transfer to a plate lined with paper towels and set aside.
- 3 Return the pan to the heat, and add 2 tablespoons of vegetable oil. Add the mushrooms and stir-fry until they release their liquid and begin to brown, 5 minutes. Add the asparagus and stir-fry until nearly tender-crisp, 2 minutes longer.
- 4 Return the tofu to the pan with the vegetables, drizzle with the stir-fry sauce, and stir to coat. Simmer until the sauce thickens slightly, 1 minute. Season to taste with soy sauce.
- 5 Heap the rice onto plates and spoon the tofu stir-fry over. Sprinkle with the green onions, sesame seeds, and chile flakes, if you want a kick, and serve warm.



## Steam

Steaming cooks asparagus gently, letting the gorgeous green color shine. Finish it off with dashes of vinegar and olive oil, or grab a fresh vinaigrette.

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- 1 bunch asparagus, trimmed
  - 1 tablespoon red or white wine vinegar
  - 2 tablespoons olive oil
  - Salt and freshly ground pepper
- 

In a pot fitted with a steamer rack, pour in a couple of inches of water. Bring to a simmer and adjust the heat to maintain.

Add the asparagus, cover the pot, and cook until bright green and tender-crisp, 3 to 5 minutes.

Transfer the asparagus to plates, drizzle with the vinegar and olive oil, season with salt and pepper, and serve warm.



## Sauté

A quick stint in a hot pan gives asparagus a golden touch. Cut the spears into bite-size pieces for even browning.

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- 1 tablespoon olive oil
  - 1 bunch asparagus, cut into bite-size pieces
  - Salt and freshly ground pepper
  - 1 or 2 cloves garlic, finely chopped
  - 1 pinch chile flakes (optional)
  - 1 tablespoon butter
- 

In a sauté pan over medium-high heat, warm the olive oil. Add the asparagus, season with salt and pepper, and sauté until tender-crisp, 3 to 5 minutes. Add the garlic and chile flakes, if you want a kick, and stir until fragrant, 1 minute.

Remove from the heat, add the butter, and stir until melted. Transfer to plates and serve warm.



## Roast

Roasting asparagus teases out those sweet green flavors, and it couldn't be easier to toss and bake on the same sheet pan.

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- 1 bunch asparagus, trimmed
  - 2 or 3 cloves garlic, peeled
  - 2 tablespoons olive oil
  - Salt and freshly ground pepper
- 

Preheat the oven to 450°F.

Pile the asparagus and garlic on a sheet pan, drizzle with the olive oil, season with salt and pepper, and toss to coat. Transfer the pan to the oven and roast until the asparagus is tender-crisp, 8 to 10 minutes.

Transfer to plates and serve warm.

ONE INGREDIENT, THREE WAYS

# How to Prep Asparagus

Stalks of grassy-sweet asparagus cook through in minutes, no matter which method you choose. And they pair well with everything from buttery roasted chicken to fluffy white beans.



# Maitake "Carnitas" Tacos with Avocado Crema

Recipe by Chris Chapman

16 oz maitake mushrooms, cut into bite-size pieces  
1 cup beer (optional)  
Juice of 1 orange  
3 tablespoons olive oil, divided  
2 teaspoons adobo seasoning  
Salt  
1 tablespoon soy sauce  
1 teaspoon firmly packed brown sugar

¼ cup finely chopped shallot  
¼ cup chopped cilantro leaves  
Juice of ½ lime, plus wedges for serving  
12 small corn tortillas  
5 oz avocado crema  
Cooked black beans for serving  
Hot sauce (optional)



20 minutes active  
30 minutes total



Makes 3 servings



Vegetarian

- 1 In a sauté pan over medium heat, combine the mushrooms, 1 cup of beer or water, the orange juice, 2 tablespoons of the olive oil, the adobo seasoning, and a pinch of salt. Bring to a simmer, turn down the heat to maintain, cover partially with a lid, and cook, stirring occasionally, until the mushrooms are tender and the liquid has mostly evaporated, about 20 minutes.
- 2 Remove the lid, turn up the heat to medium-high, and add the remaining 1 tablespoon olive oil, the soy sauce, and brown sugar. Sauté until crispy at the edges, 5 minutes longer. Season with salt to taste.
- 3 Meanwhile, in a small bowl, combine the shallot and cilantro, and drizzle with the lime juice.
- 4 To warm the tortillas, in a dry pan over medium-high heat, flash the tortillas for 30 seconds on each side. Wrap them in a clean towel to steam through and keep warm.
- 5 To build the tacos, place the tortillas on plates, doubling up, if you like. Fill with the mushrooms and the shallot-cilantro mixture, dollop with the avocado crema, and squeeze with lime. Serve warm, with the beans on the side, and hot sauce, if you want a kick.

# Spring Minestrone with Pistachio Pesto

Recipe by Katie Morford

2 tablespoons olive oil  
1 large leek, white and light green parts only, chopped  
4 cups vegetable broth  
1 can cannellini beans, rinsed and drained  
Salt and freshly ground pepper

½ lb sugar snap peas, trimmed and cut into thirds  
1 bunch asparagus, cut into bite-size pieces  
Juice of ½ lemon  
5 oz pistachio pesto



15 minutes active  
25 minutes total



Makes 4 servings



Vegetarian

- 1 In a saucepan over medium heat, warm the olive oil. Add the leek and sauté until tender, about 7 minutes. Add the broth, beans, 2 teaspoons salt, and a generous grind of pepper, and bring to a boil. Add the sugar snaps and asparagus, turn down the heat, and simmer until the sugar snaps and asparagus are just tender, 5 minutes.
- 2 Remove from the heat and stir in the lemon juice. Taste and adjust the seasoning as needed. If the soup needs more liquid, loosen with water.
- 3 Ladle minestrone into bowls and top with spoonfuls of the pistachio pesto. Grind with pepper and serve warm.

# Pesto Pasta with Peas & Green Garlic

Recipe by Chris Chapman

Salt and freshly ground pepper

8 oz penne pasta

1 tablespoon olive oil, plus more for drizzling

1 green garlic, white and pale green parts only, sliced

1 lb English peas, shelled

5 oz pistachio pesto

¼ cup grated Parmesan cheese, plus more for sprinkling

2 oz pea shoots

Chile flakes (optional)



15 minutes active

15 minutes total



Makes 3 servings



Vegetarian



Little Helper Tip

Little ones can help shell the peas and sprinkle Parmesan

1 Bring a pot of salted water to a boil. Add the pasta and cook until al dente, about 10 minutes or 1 minute less than the package instructions. Drain the pasta, reserving ¼ cup of the pasta water.

2 In a large sauté pan over medium heat, warm 1 tablespoon olive oil and 2 tablespoons water. Add the green garlic, peas, and a pinch of salt and simmer until the green garlic is translucent and the peas are bright green and tender, 3 to 4 minutes. Remove from the heat.

3 Add the pasta to the pan, along with the reserved pasta water, pesto, and ¼ cup cheese, and toss to coat. Fold in the pea shoots last to wilt. Season to taste with salt.

4 Heap the pasta on plates and sprinkle with more cheese and chile flakes, if you want some heat. Drizzle with olive oil, grind with pepper, and serve warm.

# Steamed Artichokes with Herb Butter

Recipe by Becky Duffett

4 large globe artichokes

5 oz herb butter

1 lemon, cut into wedges



10 minutes active

40 minutes total



Makes 4 servings



Vegetarian

1 In a large pot fitted with a steamer rack, pour in a couple of inches of water. Bring to a simmer and adjust the heat to maintain.

2 Add the artichokes, cover the pot, and steam until the hearts are tender, 30 to 35 minutes. Turn the artichokes once or twice to help them cook evenly, and add water to the pot if necessary.

3 Microwave the herb butter until melted, 30 seconds.

4 Transfer the artichokes to plates and serve warm, with the herb butter for dipping, and the lemon wedges for squeezing.



The Good Eggs Guide to

# Boiling Eggs

Did you know that eggs are seasonal to spring? Make sure the water is boiling before you add your eggs.



**What are you using it for?**

Noodle soups, toast



**Best kind of egg**

The Soft-Boiled Egg



**Boiling time**

5 min

Spring salads, solo with salt and pepper

The Jammy Egg

7 min

Egg salads

The Medium Egg

8 min

Deviled eggs, egg-based sauces

The Hard-Boiled Egg

13 min

# Sweet Crostini with Strawberries & Thyme

Recipe by Sarah Fritsche

½ loaf country bread, sliced about ½-inch thick

Olive oil for brushing

Salt

1 lb strawberries, hulled and sliced

1 tablespoon fresh thyme leaves, plus more for sprinkling

1 tablespoon lemon juice

1 tablespoon honey (optional)

8 oz fromage blanc



20 minutes active

20 minutes total



Makes 6 servings



Vegetarian



Little Helper Tip

Little ones can help mix the ingredients in the bowl

- 1 Preheat the oven to 400°F. Line a sheet pan with parchment or foil.
- 2 Place the bread on the prepared pan, brush with olive oil and season with salt on both sides. Transfer the pan to the oven and toast until golden, 7 to 8 minutes.
- 3 In a bowl, combine the strawberries and 1 tablespoon thyme, drizzle with the lemon juice and honey, if you want more sweetness, and turn to coat.
- 4 Spread each piece of toast with a spoonful of fromage blanc, and top with the strawberry mixture. Scatter with more thyme leaves and serve.



You didn't think we forgot about dessert, did you?





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