

## Chorizo & Butternut Squash Brown Rice Bowl with Curtido and 6-minute Egg

4 SERVINGS | HANDS ON TIME: 20 minutes | TOTAL TIME: 50 minutes

Peaceful Pork Chorizo, thawed  
Engel Farms Butternut Squash  
Agua Dulce Aquaponic Lettuce, root ball removed, washed  
Gulf Pacific Brown Rice  
Ringger Farms Pasture-raised Eggs  
Farmhouse Kitchen Curtido (El Salvadoran-style Cabbage Slaw)  
Farmhouse Kitchen Cilantro Dressing  
Sea salt and fresh cracked black pepper  
Olive or vegetable oil  
Ice water

**STEP 1** Bring 8 cups of water to a boil in a large saucepan. When water reaches a boil, add 1 tbsp. salt and brown rice. Cook, stirring occasionally, until rice is tender, about 35-40 minutes. Taste the rice to see if it's cooked to your preferred texture. Cook for an additional 5 minutes, if needed. Drain well and return to pot. Keep covered until ready to serve.

**STEP 2** Tear the lettuce into bite sized pieces. Cover with a moist paper towel or linen to keep cool and moist. Store in the refrigerator until ready to serve. Cut the stem off of the butternut squash and then cut in half lengthwise using a heavy knife. Scrape out the seeds and membrane. Cut the squash into 2" half moons, turn the pieces on their side to stabilize them on a flat surface, and then remove the rind by shaving in a downward motion toward your cutting board. Cut the half moons into 1/4" cubes and set aside.

**STEP 3** During the last 20 minutes of cooking the brown rice, place a large saute pan or skillet over medium heat. When the pan just begins to smoke, add 1 tbsp. oil, followed by the chorizo. Use a spatula or wooden spoon to break up the meat. Cook for 5 minutes and then add the diced butternut squash. Cook, stirring occasionally, for 12-15 minutes or until the butternut squash are tender. Season with salt and pepper to taste. Cover and keep warm over low heat until ready to serve.

**STEP 4** Meanwhile, fill a large saucepan of water 3/4 of the way and bring to a boil over medium-high heat. Using a slotted spoon, carefully lower eggs into the water one at a time. Cook for 6 minutes, adjusting heat to maintain a gentle boil. Transfer eggs to a bowl of ice water and chill until just slightly warm, about 2 minutes. Gently crack eggs all over and peel. Set aside until ready to serve. (**Note:** At 6 minutes, the egg whites will be firm and the yolks will be thick, but still runny. If you prefer a firmer yolk, cook the eggs for 9-11 minutes total. The longer you cook the egg, the more firm the yolk will be.)

**STEP 5** Add half of the cilantro dressing to the warm brown rice and stir to combine. Season with salt and pepper to taste. Dress the lettuce with remaining cilantro dressing. Season with salt and pepper to taste.

**STEP 6** To serve, spoon brown rice in to serving bowls. Add chorizo and butternut squash. Top with dressed salad and curtido. Slice the eggs in half lengthwise and add to bowls cut-side up. Lightly season the eggs with salt and pepper. Enjoy!