

THE COOK KIT  
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## roasted heirloom carrot, black spanish radish, turnip, and farro salad

with fresh mozzarella

PREP & COOK TIME: 25 mins

### INSTRUCTIONS

- 1 Pre-heat oven to 425 degrees F.
- 2 Toss carrots, radishes, and turnips with a tablespoon or two of olive oil; spread vegetables onto a baking sheet. Season with salt and ground black pepper.
- 3 Roast vegetables in the preheated oven until well browned and tender, about 20 minutes.
- 4 Meanwhile, heat farro in a saucepan over medium heat with 2 tablespoons of water or olive oil until hot, about 5 minutes. Alternately, heat farro in the microwave on high, stirring in 1-minute increments until hot, about 3 minutes.
- 5 Divide farro onto individual plates. Toss vegetables with pesto; divide over farro, garnish with mozzarella, and sprinkle with pumpkin seeds.

### IN YOUR BAG

HEIRLOOM CARROT,  
RADISH, & TURNIP

CARROT TOP & SPINACH PESTO

HERBED FARRO

FRESH MOZZARELLA

SPICED PUMPKIN SEEDS

### DRINK PAIRING

We suggest a viognier to let the flavor come through in this earthy dish; beer lovers will enjoy a wheat ale.

Thanks to our friends at:

Elderberry Hill, Riemer Family Farm,  
Tipi Produce, Crossroads Community Farm,  
Madison Sourdough, Sassy Cow Creamery.

how'd it turn out?

Post your dinner pictures on Facebook or Instagram using the hashtags **#pastureandplenty**  
**#lessworkmorepicnic** **#dinnerdone** for a chance to get discounts on future orders.





## vegetable bourguignon and egg noodles

with baguette and arugula

Preheat oven to 375 degrees F. Remove lid from casserole and cover tightly with foil. Bake in the preheated oven until hot, 25-40 minutes.

Place baguette in the oven for the last 5 minutes to refresh the crust.

Alternately, remove lid and replace with a paper plate; heat casserole in microwave on High for 5 minutes, then on Medium High until heated through, stirring every 2 minutes, about 8 minutes more.

Let casserole rest 5 minutes before serving. Warm baguette in microwave for about 10 seconds. Sprinkle with arugula. Bon appetit!

..... IN YOUR BAG .....  
VEG BOURGUIGNON  
& EGG NOODLES  
  
BAGUETTE  
  
ARUGULA

DRINK PAIRING  
A burgundy, or its domestic counterpart, pinot noir, is the clear wine pairing choice. As for beer, a stout will do nicely.



## sichuan kung pao tofu

### FROM THAWED:

**bake:** Preheat oven to 350 degrees F. Remove lid from thawed casserole, cover tightly with foil, and bake until hot, 25-40 minutes. Remove from oven; rest, covered, for 5 minutes before serving.

**microwave:** Remove lid; cover casserole with paper plate. Microwave on High for about 5 minutes; reduce heat to Medium High, continue to cook, checking every minute, until hot, about 2-3 minutes more. Rest in microwave for 3 minutes before serving.

### FROM FROZEN:

**microwave:** Remove lid, cover casserole with paper plate. Microwave on High for 8-12 minutes. Check temperature; continue cooking until hot, checking every minute, about 3-6 minutes more. Rest in microwave for 5-8 minutes before serving.

DRINK PAIRING  
A riesling, either dry or slightly sweet, complements this spicy dish; likewise, a hoppy pilsner is an excellent beer choice.



## orange and ginger brownie cookies

### INGREDIENTS:

**Pesto:** Carrot greens, spinach, hickory nuts, garlic, chili flakes, salt, pepper, parmesan, olive oil.

**Herbed farro:** Farro, vegetable stock, herbs.

**Vegetable bourguignon:** Potatoes, peppercorns, bay leaf, parsley, thyme, red wine, celeriac, garlic, onions, celery, carrots, flour, vegetable stock, butter, mushrooms, carrots.

**Sichuan kung pao tofu:** Tofu, shaoxing wine, soy sauce, cornstarch, honey, rice vinegar, vegetable stock, vegetable oil, chili de arbol, sichuan peppercorns, garlic, ginger, scallions, roasted peanuts, red bell peppers, eggplant, rice.

**Cookies:** ginger, sugar, orange zest, butter, chocolate, eggs, vanilla, salt, flour, powdered sugar.

We do our best to prepare meals without gluten, for those who are gluten-free, but please note that we cook in a facility that handles gluten and other potentially allergenic food items, such as eggs, tree nuts, peanuts.