

THE COOK KIT  
**1**

## black bean- hickory nut burger,

with red cabbage slaw,  
remoulade, and quinoa salad

PREP & COOK TIME: 15 mins

### INSTRUCTIONS

- 1 Heat a skillet over medium heat for a minute or two, then swirl in a small amount of olive oil.
- 2 Place burger in skillet; cook until browned on one side, about 4 minutes. Turn burger over; cook until internal temperature reaches 145 degrees F, about 3 minutes more.
- 3 Meanwhile, toast brioche bun in a toaster or under the broiler until lightly browned. Place burger on bottom bun, followed by slaw, remoulade, and top bun.
- 4 Serve with quinoa salad, remaining slaw, and remoulade.

### IN YOUR BAG

BLACK BEAN BURGER

RED CABBAGE SLAW

REMOULADE

QUINOA SALAD

BRIOCHE BUN

### DRINK PAIRING

An unoaked chardonnay wins this one hands-down;  
an IPA is the beer of choice tonight.

Thanks to our friends at: Elderberry Hill, Riemer Family Farm, Tipi Produce,  
Crossroads Community Farm, Madison Sourdough, Pinn-Oak Ridge Farm, Sartori Cheese.

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.





## swiss chard, leek, herb and ricotta tart

Preheat oven to 375 degrees F. Bake tart in the preheated oven until warmed through, 15-25 minutes. Shake vinaigrette; toss with greens to serve alongside.

### DRINK PAIRING

You'll be happy with a pinot gris, light and zesty. If you're in the mood for beer, a porter adds to the rustic tenor of tonight's dinner.



## potato and eggplant casserole

### FROM THAWED:

**bake:** Preheat oven to 375 degrees F. Remove lid from thawed casserole, cover tightly with foil, and bake until hot, 20-35 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

Pinot noir, a red wine on the lighter side, is the perfect pour for this dinner. Beer lovers: look for a smooth Belgian tripel.



## maple brown sugar oatmeal cookies

### INGREDIENTS:

**Black Bean Burger:** Black beans, vegetable oil, onion, poblano pepper, garlic, chipotle chili, hickory nuts, feta, mayo, egg, panko, salt and pepper.

**Red Cabbage Slaw:** Red cabbage, onion, olive oil, apple cider vinegar, salt, honey, pepper.

**Quinoa Salad:** Quinoa, carrot, onion, celery, Dijon mustard, olive oil, red wine vinegar, salt and pepper.

**Remoulade:** Mayo, capers, cornichons, parsley, lemon juice, Dijon mustard, horseradish, black pepper.

**Vegetable Tart:** Oat flour, butter, water, salt, Swiss chard, olive oil, garlic, leeks, chili flakes, salt, pepper, ricotta cheese, sarvecchio cheese, thyme, parsley, rosemary, lemon, eggs.

**Citrus Vinaigrette:** Citrus, Dijon mustard, shallot, olive oil, salt, pepper.

**Casserole:** Butter, onions, eggplant, potatoes, salt, olive oil, garlic, cinnamon, allspice, bay leaf, red wine, tomatoes, flour, milk, parmesan cheese, Greek yogurt, eggs.

**Cookies:** Oat flour, cinnamon, salt, baking soda, butter, brown sugar, maple syrup, vanilla, egg, oats.

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.