

THE COOK KIT  
**1**

## sweet potato steak

with quinoa salad, brussels sprouts and apple chutney

PREP & COOK TIME: 35 mins

IN YOUR BAG

SWEET POTATO

QUINOA SALAD

BRUSSELS SPROUTS

APPLE CHUTNEY

DRINK PAIRING

A Grenache-based red wine with a little acidity will stand up nicely with these savory vegetables and rich pork. A sturdy stout beer will be terrific with this dish.

INSTRUCTIONS

- 1 Preheat oven to 400 degrees F.
- 2 Peel sweet potato; slice into ½ inch thick “steaks.” Brush sweet potato slices with olive oil, season with salt and ground black pepper, and place in a single layer on a baking sheet.
- 3 Roast sweet potato in the preheated oven until tender and browned, about 20 minutes.
- 4 Meanwhile, rinse Brussels sprouts; remove any wilted outer leaves, and trim stem ends. Toss sprouts with olive oil, season with salt and pepper, and place on a baking sheet.
- 5 Roast sprouts in the preheated oven until tender when pierced with a fork, about 10 minutes.
- 6 Divide sweet potato slices onto individual serving plates, top with apple chutney, and serve with roasted sprouts and quinoa salad.

Thanks to our friends at:

Sassy Cow Creamery, Taproot Farms, Elderberry Hill Farms, RP's Pasta, Riemer Family Farm, Tipi Produce, Crossroads Community 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.





## thai vegetable coconut curry

with brown rice

- 1 Reheat curry in a saucepan over medium heat, stirring often, until hot, about 7 minutes. Alternately, remove lid, cover container with a paper plate, and heat in microwave on High until hot, 3-5 minutes.
- 2 Place a tablespoon or two of water with brown rice in a saucepan over medium heat; cook, stirring occasionally, until hot, about 7 minutes. Alternately, remove lid, add a small amount of water, cover container with a paper plate, and heat in microwave on High until hot, 3-5 minutes.

..... IN YOUR BAG .....

THAI VEGETABLE CURRY

BROWN RICE

DRINK PAIRING

A white wine with high acidity and good structure, like dry riesling, pairs well with Thai food. Same rules apply for beer. Go for a lighter IPA or ESB.



## roasted vegetable lasagna

### FROM THAWED:

**bake:** Preheat oven to 350 degrees F. Remove lid from thawed lasagna, 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 lasagna 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

Try a pinot noir with this lasagna – it will be nice with caramelized veggies and tomato sauce. Prefer beer? reach for an amber ale.



## ginger molasses cookies

### INGREDIENTS:

**Quinoa Salad:** Carrots, celery, scallions, quinoa, olive oil, vinegar, seasonings.

**Apple Chutney:** Granny Smith apples, yellow onion, ginger, orange juice, apple cider vinegar, brown sugar, dried mustard, red pepper flakes, salt, raisins.

**Curry:** Curry paste, carrots, onions, bell peppers, butternut squash, potatoes, coconut milk, tomatoes, seasonings.

**Lasagna:** Tomatoes, celery, onions, eggplant, zucchini, RP's pasta, ricotta, mozzarella, parmesan, herbs, spices.

**Cookies:** Butter, granulated sugar, molasses, eggs, all-purpose flour, baking soda, ground cinnamon, ground ginger, ground cloves, salt

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.