

THE COOK KIT  
**1**

## black bean quinoa korean bulgogi burger

with kimchi mayo, cabbage slaw  
and pickled radish

PREP & COOK TIME: 20 mins

### INSTRUCTIONS

- 1 Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner -- it will cook more evenly.
- 2 Heat a small amount of olive oil or butter in a skillet over medium high heat; place burgers in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160 degrees F, or to desired doneness.\*
- 3 Toast bun or warm for a few seconds in microwave. Place burger on bottom bun; top with kimchi mayo, pickled radish, and top bun.
- 4 Serve burger with cabbage slaw.

\*Consuming raw or undercooked burgers may increase your risk of foodborne illness.

### IN YOUR BAG

BLACK BEAN BURGER MIX

BRIOCHE BUN

KIMCHI MAYO

CABBAGE SLAW

PICKLED RADISH

### DRINK PAIRING

Pair this spicy burger with a big, juicy California zinfandel, or with an amber ale.

### Thanks to our friends at:

Arndt Family Farms, Madison Sourdough, Sassy Cow Creamery, Taproot Farms, Elderberry Hill Farms, 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.





## wheat berry and celeriac chowder

Warm soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes. Alternately, heat in microwave on Medium High, stirring every minute, about 4 minutes.

### DRINK PAIRING

Echo the creaminess of this soup with an unoaked chardonnay.  
Prefer a beer? We suggest a hefeweizen.



## mushroom ragu with roasted carrots and polenta

### 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. If needed, thin polenta with a small amount of hot water; 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. If needed, thin polenta with a small amount of hot water; rest in microwave for 5-8 minutes before serving.

### DRINK PAIRING

A light-bodied pinot grigio complements this earthy dish perfectly.  
Red ale, with a hint of sweetness, makes an excellent choice.



## maple, pecan, cranberry granola bars

### INGREDIENTS:

**Black Bean Mix Burger:** Black bean, onion, poblano, garlic, chipotle, hickory nut, mayo, egg, panko, soy sauce, gochujang, garlic, brown sugar, rice wine vinegar, sesame oil.

**Kimchi Mayo:** Mayo, kimchi, sugar, sesame oil, garlic, scallion.

**Cabbage Slaw:** Purple cabbage, sugar, rice vinegar, salt.

**Pickled Radish:** Daikon radish, bay leaves, peppercorns, garlic, salt, sugar, rice vinegar, turmeric.

**Chowder:** Celery root, onions, garlic, butter, wheat berries, thyme, celery, carrot, potatoes, kale, vegetable stock, seasonings.

**Mushroom Ragu:** Dried porcini mushrooms, oyster mushrooms, button mushrooms, olive oil, onions, carrots, garlic, white wine, tomatoes, thyme, seasonings, carrots, polenta.

**Granola Bars:** Egg white, salt, vanilla, coconut oil, brown sugar, maple syrup, dried cranberries, wheat germ, almonds, flaxseed, coconut shavings, pepitas, pecans, 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.