



roasted beet and citrus salad

with ricotta and pistachio vinaigrette

PREP & COOK TIME: 10 mins

IN YOUR BAG

ROASTED BEETS

CITRUS

SUNFLOWER MICROGREENS

RICOTTA

PISTACHIO VINAIGRETTE

ROASTED PISTACHIOS

FARRO

INSTRUCTIONS

- 1 Toss beets, citrus, and sunflower microgreens with vinaigrette; season with salt and ground black pepper.
- 2 Chop roasted pistachios.
- 3 Spread half the ricotta on a serving plate; place dressed beet and citrus mix on top. Dollop on remaining ricotta and farro; sprinkle with chopped pistachios.

DRINK PAIRING

Pair this earthy salad with a pinot gris. A witbier is a nice play with the salad's citrus flavors

Thanks to our friends at:

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



oatmeal raisin bars

INGREDIENTS:

Pistachio Vinaigrette: Pistachios, grapefruit juice, orange juice, lemon juice, shallot, herbs, honey, olive oil.
Jerk Chicken: Chicken, habanero peppers, scallions, ginger, garlic, thyme, seasonings, brown sugar, soy sauce, limes.
Caribbean Rice: coconut oil, ginger, garlic, brown rice, coconut milk, lime, salt, pepper.
Lime Slaw: Green and purple cabbage, carrot, mayo, lime juice.
Mango Salsa: Mangos, red onion, sugar, salt, lime juice.
Pork Vindaloo: Pork, chili de arbol, seasonings, sugar, garlic, ginger, rice vinegar, onion, potatoes.
Bars: Raisins, oats, hickory nuts, coconut, salt, vanilla extract, sunflower seeds.

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.





jerk chicken sandwich

with caribbean rice and mango salsa

1) Heat a skillet over medium high heat; swirl in a small amount of olive oil. Place chicken in a single layer in skillet, and cook until browned on one side, about 3 minutes. Turn, cook until browned on the other side; continue cooking until juices run clear and internal temperature reads 165 degrees F when measured with an instant read thermometer, about 6 minutes more. Alternately, preheat an outdoor grill for medium-high heat; grill chicken, turning occasionally, to an internal temperature of 165 degrees F. 2) Meanwhile, remove lid from rice, and add a tablespoon or two of water; microwave on High, stirring every minute or two, until hot, about 3 minutes. 3) Toast bun or warm for a few seconds in microwave. 4) Place chicken on bottom bun; top with mango salsa and top bun. Serve with slaw and Caribbean rice.

- IN YOUR BAG
- JERK CHICKEN
 - CARIBBEAN RICE
 - LIME SLAW
 - MANGO SALSA
 - BRIOCHE BUN

DRINK PAIRING

A sweet to sweet-dry riesling will offset the heat in this spicy sandwich, or choose a blonde or cream ale if you prefer a beer.



pork vindaloo

with potatoes, rice, roti

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.

Heat roti in microwave for just a few seconds before serving.

DRINK PAIRING

You'll enjoy either the high acidity and fruit of a sauvignon blanc, or an amber ale's malty sweetness, with warm curry spices.

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.

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.