

THE COOK KIT  
**1**

## black bean and hickory nut burger

with spicy mayo, gouda, and arugula, with zucchini

PREP & COOK TIME: 20 mins

### INSTRUCTIONS

- 1 Preheat a grill for Medium High heat.
- 2 Slice zucchini lengthwise into 1/4-inch thick slabs. Smear on both sides with a small amount of olive oil, and season to taste with salt and pepper.
- 3 Divide burger mix into individual portions and gently shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner -- it will cook more evenly; season with salt and pepper.
- 4 Grill burgers for 3 minutes per side. Continue grilling, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160 degrees F, or to desired doneness.\*\* Grill zucchini alongside burgers, turning occasionally, just until tender, about 6 minutes. (Alternately, preheat oven to 400 degrees F, place zucchini on a baking sheet lined with parchment, and roast until tender, about 6 minutes. Meanwhile, heat a skillet over medium high heat, swirl in a little olive oil, and cook burgers to temperature as above)
- 5 Toast bun or warm for a few seconds in microwave. Place burgers on buns, and dress with spicy mayo and arugula. Serve with grilled zucchini.

### IN YOUR BAG

BRIOCHE BUNS\*

BLACK BEAN AND HICKORY NUT BURGER

SPICY MAYO

WISCONSIN GOUDA

ARUGULA

ZUCCHINI

### DRINK PAIRING

Say, "YES!" to a chilled glass of dry rosé or a fruit-forward, light-bodied zinfandel or rioja, or choose a hoppy IPA or an ESB.

\*If you aren't using the buns on Monday night, put them in a plastic bag or closed container to keep fresh!

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

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.





## white bean sweet potato chili

- 1 Heat chili in microwave on High, stirring every minute or so, until hot, about 3 minutes. Or, reheat in saucepan over medium-high heat, stirring occasionally, until bubbly and heated through, about 5 minutes.
- 2 Sprinkle pepper Jack cheese and chopped scallions over each bowl before serving.

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

WHITE BEAN CHILI  
PEPPER JACK CHEESE  
& SCALLIONS

DRINK PAIRING

A tart white wine like Chenin Blanc will do the trick to balance this chili's heat. Prefer a beer? We'd suggest an amber lager.



## roasted vegetable lasagna

**FROM THAWED: oven:** 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 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:** Remove lid, cover 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 pinot noir with be just terrific with the caramelized veggies in this lasagna. If beer's on your agenda, reach for an amber ale.



## gingersnaps



### INGREDIENTS:

**Burger:** Black beans, onion, poblano pepper, garlic, adobo chiles, cotija cheese, mayo, egg, panko, spices, hickory nuts, salt, pepper.

**Chili:** cannellini bean, poblano chiles, anaheim peppers, jalapeno, onion, garlic, sweet potato, canola oil, vegetable stock, seasonings.

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

**Gingersnaps:** All purpose flour, baking soda, salt, cinnamon, ginger, cloves, black pepper, brown sugar, applesauce, mild molasses, eggs, candied ginger, 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.