

THE COOK KIT  
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## larb style pork lettuce wraps

with bulgur wheat and  
cucumber salad

PREP & COOK TIME: 20 mins

### INSTRUCTIONS

- 1 Stir pork and bulgur together with up to ½ cup water in a shallow pan over medium-high heat; cook, stirring occasionally, until the water is evaporated and is heated through, about 8 minutes.
- 2 Meanwhile, pick the mint and cilantro leaves from their stems; chop or leave whole as desired. You'll be sprinkling these on top of your lettuce wraps.
- 3 Remove pork mix from heat, and season to taste with salt and pepper.
- 4 Place lettuce leaves on serving plates, and divide pork mix over lettuce leaves.
- 5 Top each wrap with Cucumber Salad, mint, and cilantro, and fold the lettuce around the filling. Don't you love finger food? Yeah, we do too.

### IN YOUR BAG

LARB STYLE PORK AND  
BULGUR WHEAT

BOSTON BIBB LETTUCE

CUCUMBER SALAD

MINT AND CILANTRO

### NOTE

This week you'll see a big bag of salad and an herb vinaigrette to enjoy alongside whichever meals you choose.

### DRINK PAIRING

Reach for a fruity pinot noir, or maybe a crisp lager, to match this dinner's fresh, light, looking-forward-to-spring flavor.

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.





## grilled chicken parmesan

with pasta and red sauce

**OVEN:** Preheat oven to 375 degrees F. Transfer chicken parmesan to an ovenproof container; cover with foil. Bake in the preheated oven until heated through, 20 to 35 minutes. Remove foil for the last 5 minutes of baking time.

**MICROWAVE:** Remove lid; cover with a paper plate. Microwave on High for 3-6 minutes; stirring every minute or so, and microwave until hot, 2-3 minutes more, adding water if needed. Rest in microwave for 3 minutes before serving.

..... IN YOUR BAG .....  
GRILLED CHICKEN  
PARMESAN

DRINK PAIRING  
A medium-body red, like Sangiovese, or a balanced amber ale both suit this light Italian-style dinner really well.



## sweet potato dahl

with roasted cauliflower and naan

**FROM THAWED:** Preheat oven to 350 degrees F. Transfer dahl to a baking dish; bake in the preheated oven until hot, 22-35 minutes.

**microwave:** Remove lid; cover with paper plate. Microwave on High for 3-6 minutes; stirring every minute or so, and microwave until hot, 2-3 minutes more. Rest in microwave for 3 minutes before serving.

**FROM FROZEN:** Remove lid, cover with paper plate. Microwave on High for 6-10 minutes. Stir; continue cooking until hot, about 3-6 minutes more, adding water if needed. Rest in microwave for 5-8 minutes before serving.

DRINK PAIRING  
The creamy coconut sauce here calls out for a crisp white wine like pinot gris, or a light pilsner--you'll enjoy the contrast.



## orange and ginger brownie cookies

**INGREDIENTS:**

**Larb:** Garlic, pork, sugar, fish sauce, shallots, chile de arbol, sambal, soy sauce, salt & pepper, lime, Thai chilies, ginger, bulgur wheat.

**Chicken Parmesan:** Chicken, olive oil, onions, carrots, celery, tomatoes, herbs, spices, red wine vinegar, pasta, cheese.

**Sweet Potato Dahl:** Yellow split peas, sweet potatoes, spices, coconut flakes, shallots, ginger, coconut milk, cilantro, cauliflower.

**Vinaigrette:** Mustard, vinegar, olive oil, herbs, salt, pepper.

**Cookies:** Ginger, sugar, orange zest, butter, chocolate, eggs, vanilla, salt, flour, powdered 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.