

THE COOK KIT
1

larb style TVP lettuce wraps

with bulgur wheat and
cucumber salad

PREP & COOK TIME: 20 mins

INSTRUCTIONS

- 1 Stir TVP and bulgur together with up to 1/2 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 TVP mix from heat, and season to taste with salt and pepper.
- 4 Place lettuce leaves on serving plates, and divide TVP 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 TVP 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 eggplant parmesan

with pasta and red sauce

OVEN: Preheat oven to 375 degrees F. Transfer eggplant 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 EGGPLANT
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, TVP, honey, shallots, chile de arbol, sambal, soy sauce, salt & pepper, lime, Thai chilies, lemongrass, ginger, bulgur wheat.

Eggplant Parmesan: Eggplant, 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.