



farro risotto

with cranberry beans, kale,
and toasted walnuts

DRINK PAIRING

Pair this grain with a northern Italian red like lambrusco—they come from the same region—or with an American amber ale.

FRESH SALAD

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

COOK TIME NOTE:

We prepare kits in serving sizes for 1, 2, and 4 people. Minimum cook time in the recipe will apply to single-serving kits, and maximum time to 4-serving kits, but your dinner may take more or less time, based on the size of your kit and your kitchen appliances.

INSTRUCTIONS

FROM THAWED:

stovetop: Place farro into a saucepan over medium heat with up to ½ cup water. Cook, stirring occasionally, until farro is hot and bubbly, about 10–15 minutes. (Optional: To develop more of a creamy risotto texture, cook and stir gently, adding small amount of hot water as water is absorbed by the farro, up to 10 minutes more.)

microwave: Transfer farro to a microwave-safe dish; cover with a plate or paper towel. Microwave on High for about 5 minutes; reduce heat to Medium High. Stir, adding a little water if needed; continue to cook, stirring every few minutes (stirring will help to develop a creamy texture), until hot, about 2–8 minutes more. Rest in microwave for 3 minutes before serving.

FROM FROZEN:

microwave: Transfer farro to a microwave-safe dish, and cover with a plate or paper towel. Microwave on High for 8–12 minutes. Stir, adding a little water if needed; continue to cook, stirring every few minutes (stirring will help to develop a creamy texture), until hot, checking every minute, about 4–12 minutes more. Rest in microwave for 5–8 minutes before serving.

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.





bobotie African curry

FROM THAWED: Preheat oven to 375 degrees F. Remove lid from thawed casserole, cover tightly with foil, and bake until hot, 25-50 minutes. Remove from oven; rest, covered, for 5 minutes before serving.

microwave: Transfer curry to a microwave-safe dish; cover with a plate or paper towel. Microwave on High for about 5 minutes; reduce heat to Medium High, continue to cook, stirring every minute, until hot, about 2-10 minutes more. Rest in microwave for 3 minutes before serving.

FROM FROZEN: Transfer curry to a microwave-safe dish; cover with a plate or paper towel. Microwave on High for 8-12 minutes. Check temperature, stir, and continue cooking until hot, stirring every minute or so, about 3-12 minutes more. Rest in microwave for 5-8 minutes before serving.

DRINK PAIRING

You'll enjoy a chenin blanc with this spicy curry. A zippy IPA is a terrific beer to serve alongside as well.



chicken tortilla soup

FROM THAWED: Place soup into a saucepan over medium heat. Cook, stirring occasionally, until soup is hot and bubbly, about 10-15 minutes.

microwave: Transfer soup to a microwave-safe dish, and cover with a plate or paper towel. Microwave on High for 3-5 minutes; stir. Reduce heat to Medium High and continue to cook, stirring every minute or so, until hot, about 2-8 minutes more. Rest in microwave for 3 minutes before serving.

FROM FROZEN: Transfer soup to a microwave-safe dish; cover with a plate or paper towel. Microwave on High for 8-12 minutes. Stir; continue to cook, stirring every minute or so, until hot, about 4-12 minutes more. Rest in microwave for 5-8 minutes before serving.

Serve with lime crema.

DRINK PAIRING

Keep your drink pairing crisp to complement this simple soup: a pinot gris, with its fresh acidity, or a lager if you're reaching for a beer.



mexican chocolate icebox cookies

INGREDIENTS:

Risotto: Cranberry Beans, kale, olive oil, onions, farro, white wine, vegetable stock, parmesan cheese, walnuts, thyme, seasonings.

Bobotie: Grass fed ground beef, red onion, garlic, curry powder, cumin, coriander, tomatoes, panko, peanut butter, butter, yogurt, basmati rice.

Tortilla Soup: Chicken, corn, tomatoes, onions, chiles in adobo, poblano peppers, vegetable stock, seasonings, lime.

Lime Crema: Sour cream, lime, salt.

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

Cookies: Flour, cocoa powder, sugar, butter, egg, vanilla, cinnamon, cayenne, salt, pepper.

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.