



GF risotto

with quinoa, 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 quinoa into a saucepan over medium heat with up to 1/2 cup water. Cook, stirring occasionally, until hot and bubbly, about 10-15 minutes.

microwave: Transfer quinoa 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, until hot, about 2-8 minutes more. Rest in microwave for 3 minutes before serving.

FROM FROZEN:

microwave: Transfer quinoa 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, until hot, 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.



GF mexican chocolate icebox cookies

INGREDIENTS:

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

Bobotie: Grass fed ground beef, red onion, garlic, curry powder, cumin, coriander, tomatoes, 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: GF 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.