

THE COOK KIT
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black bean-hickory nut burger

with onion jam, animal sauce, arugula, and zucchini

PREP & COOK TIME: 25 mins

IN YOUR BAG

BLACK BEAN BURGER MIX

BRIOCHE BUN

RED ONION JAM

ANIMAL SAUCE

ZUCCHINI

ARUGULA

DRINK PAIRING

Pair this rich burger with a big, juicy California zinfandel. An amber ale will also be delicious.

INSTRUCTIONS

- 1 Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner – it will cook more evenly.
- 2 Slice zucchini into 1/4" rounds; set aside.
- 3 Heat a small amount of olive oil or butter in a skillet over medium high heat; place burgers in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160 degrees F, or to desired doneness.*
- 4 Meanwhile, toss zucchini with a small amount of olive oil, salt, and pepper; place in a skillet over medium high heat, and cook and stir until tender, 5-10 minutes.
- 5 Toast bun or warm for a few seconds in microwave. Spread onion jam on bottom bun, top with burger, arugula, animal sauce, and top bun. Serve zucchini alongside burger.

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

NOTE: You'll see improvements to our labels over the next few weeks to provide more information about ingredients and nutrition, and to highlight potential allergens.

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.





curried sweet potato and seitan soup

Pour soup into a saucepan; cook, stirring occasionally, over medium heat until hot, 7-10 minutes. Alternately, pour soup into microwave-safe bowls, and cook on High for 3-7 minutes. Stir, reduce heat to Medium High, and cook until hot, stirring occasionally, 3-8 minutes more.

DRINK PAIRING

We're big fans of riesling or gewurtztraminer with curry flavors, and an amber ale will set this dish off marvelously.



lemon bars

INGREDIENTS:

Burger: Black bean, onion, poblano pepper, garlic, chipotle, hickory nut, muenster, mayo, egg, panko. **Red Onion Jam:** Olive oil, red onions, red wine, brown sugar, thyme, balsamic vinegar, salt, pepper. **Animal sauce:** Shallots, mayo, mustard, garlic, capers, ketchup, spices. *Allergens: Milk, egg, hickory (tree nut), wheat.*

Curried Sweet Potato and Seitan Soup: Sweet potatoes, seitan, onions, carrots, coconut milk, lemongrass, ginger, scallions, lime, cilantro, bay leaf, sambal, curry powder, salt.

Baked Ziti: Tomatoes, onions, fennel, carrots, mozzarella, ricotta, parmesan, eggs, cream, parsley, salt, pepper. Ziti: wheat flour, eggs. *Allergens: wheat, milk, egg.*

Bars: All purpose flour, sugar, salt, butter, vanilla, lemon, lemon juice, eggs, corn starch, salt, powdered sugar. *Allergens: wheat, milk, egg.*

Vinaigrette: Capers, garlic, salt, pepper, lemon, olive oil.



roasted tomato and fennel baked ziti

FROM THAWED: bake: Preheat oven to 375 degrees F. Remove lid from thawed casserole, cover tightly with foil, and bake until hot, 25-55 minutes. Uncover for the last few minutes of baking time to brown cheese. Remove from oven; rest, lightly covered, for 5 minutes before serving.

microwave: Transfer pasta to a microwave-safe dish; cover with a plate or paper towel. Microwave on High for 5-8 minutes; stir thoroughly. Reduce heat to Medium High, continue to cook, stirring occasionally, until hot, about 2-10 minutes more. Rest in microwave for 3 minutes before serving.

FROM FROZEN: bake: Preheat oven to 375 degrees F. Remove lid from thawed casserole, cover tightly with foil, Bake in the preheated oven 20-45 minutes. Remove from oven; stir and recover. Continue baking until hot, 15-25 minutes more.

microwave: Transfer pasta to a microwave-safe dish; cover with a paper plate. Microwave on High for 8-14 minutes. Check temperature, stir. Reduce heat to Medium High; continue cooking until hot, stirring occasionally, about 5-10 minutes more. Rest in microwave for 5-8 minutes before serving.

DRINK PAIRING

Sangiovese grapes go so well with tomatoes – they're both a little acidic and a little fruity. Rather have a beer? Choose a crisp, carbonated pilsner.

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.