



WHITE FISH CAKE

with farro, spring red radish salad and citrus vinaigrette

PREP &
COOK TIME

15
MINUTES

IN YOUR BAG

WHITE FISH CAKE

FARRO AND SPRING RED RADISH SALAD

CITRUS VINAIGRETTE

PAIR WITH A GRUNER VELTLINER OR AN AMBER ALE

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Form fish cakes into patties; season with salt and pepper,
- 2 Heat a teaspoon of olive oil in a skillet on medium high heat. Place fish cakes in a single layer in the pan; sear until lightly browned on both sides and warmed through, about 2-3 minutes per side (fish is already cooked, so you are just bringing it up to temperature).
- 3 Divide radish salad onto individual serving plates; place cake on top. Drizzle with citrus vinaigrette, and enjoy!

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

WHITE FISH CAKE: White fish, zucchini, squash, corn, onions, red bell peppers, panko, mayo, mustard, scallions, garlic, salt, pepper, spices. **Allergens:** Egg **FARRO SALAD:** Farro, spring red radish, scallions, peas, vegetable stock, kale, feta, seasonings, salt. **Allergens:** Milk **VINAIGRETTE:** Canola oil, shallots, lemons, oranges, mustard, apple cider vinegar, 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.

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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.



GREEN CHILI CHICKEN & BLACK BEAN SKILLET

with rice, pickled red onions and lime crema

PAIR WITH A PINOT GRIS OR MODELO NEGRO

IN YOUR BAG

GREEN CHILI CHICKEN, PICKLED RED ONIONS, LIME CREMA

Reheat green chili mixture in sauce pan with ½ c water over medium heat, stirring gently, until warmed through, about 10 minutes. Alternately, remove lid, cover with a plate or paper towel, and heat in microwave on High for 2-4 minutes; stir, reduce heat to Medium and heat in 2-3 minute increments until hot, about 4-8 minutes more.

Top with red onions and lime crema.

Green Chili Chicken: Chicken, poblano peppers, tomatillos, anaheim peppers, black beans, rice, sweet onions, sweet bell peppers, jalapeño, garlic, cilantro, seasonings, salt, fish sauce. **Pickled Red Onions:** Red onions, red wine vinegar, sugar, salt. **Lime Crema:** Sour cream, lime, salt. *Allergens: Milk*

PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Elderberry Hill Farms

Sartori Cheese

Klondike Cheese

RP's Pasta

Mushroom Mike LLC



HEALTHY MONSTER COOKIES

Oats, rice krispies, sunflower oil, brown sugar, eggs, peanut butter, raisins, chocolate chips, shredded coconut, ground flax, sunflower seeds, pumpkin seeds, baking soda, salt, vanilla. *Allergens: Egg, Nuts*