



GARDEN VEGGIE COUSCOUS

with lamb meatballs & scallion-mint yogurt sauce

PREP & COOK TIME

35 MINUTES

IN YOUR BAG

LAMB MEATBALLS

GARDEN VEGETABLE COUSCOUS

SCALLION-MINT YOGURT SAUCE

PAIR WITH A ZINFANDEL OR AN IPA

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Preheat oven to 375 degrees F. Place meatballs (they are precooked) in a shallow baking dish; cover with foil.
- 2 Reheat in the preheated oven until heated through, about 20 minutes. Alternately, remove lid and cover with plate or paper towel; microwave on High until heated through, 3-8 minutes.
- 3 Stir salad; divide onto individual serving plates. Top salad with meatballs and drizzle with yogurt sauce.



LAMB MEATBALLS: Lamb, onions, eggs, oat flour, spices, salt. *Allergens: Egg* **COUSCOUS:** Couscous, cucumbers, cherry tomatoes, scallions, feta cheese, spices, olive oil, salt. *Allergens: Wheat, Milk* **YOGURT SAUCE:** Yogurt, scallions, mint, lemon juice, salt. *Allergens: Milk* **YOGURT SAUCE:** 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.



SOBA NOODLE SALAD

with cucumbers, sea greens, and edamame

PAIR WITH A RIESLING OR AN AMBER ALE

IN YOUR BAG

SOBA NOODLE SALAD, DRESSING

Toss salad with dressing and divide onto individual serving plates.

Enjoy!

SALAD: Buckwheat flour, wheat flour, cucumbers, wakame seaweed, edamame, soy sauce, sesame oil, canola oil, ginger, scallions, salt. *Allergens: Soy, Wheat* **SESAME VINAIGRETTE:** soy sauce, sesame oil, chile oil. *Allergens: Soy*

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

Bob's Red Mill

Pinn-Oak Ridge Farms

Sassy Cow Creamery

Riemer Family Farm

Weyauwega Star Dairy

Odyssey Farm

Klondike Cheese Co



BLUEBERRY MUFFINS

Wholewheat flour, all-purpose flour, milk, eggs, sugar, canola oil, sunflower oil, blueberries, baking soda, baking powder, salt, cardamom, vanilla extract. *Allergens: Wheat, Milk, Egg*