



GARDEN VEGGIE COUSCOUS

cauliflower "meatballs" & scallion-mint yogurt sauce

PREP & COOK TIME

35 MINUTES

IN YOUR BAG

- CAULIFLOWER "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 cauliflower balls (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 cauliflower balls and drizzle with yogurt sauce.



CAULIFLOWER MEATBALLS: Cauliflower, brown rice, quinoa, oat flour, eggs, spices, salt. *Allergens: Egg* **COUSCOUS:** Couscous, cucumbers, cherry tomatoes, scallions, feta cheese, spices, olive oil, salt. *Allergens: Wheat, 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.



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*