



CHILE-BLACKENED SWEET POTATO SANDWICH

with bbq sauce and p&p pickles on brioche bun, baked beans, and zucchini

PREP & COOK TIME

30
MINUTES

IN YOUR BAG

BLACKENED CHILI-SWEET POTATO,
BAKED BEANS, P&P PICKLES,
BRIOCHE BUN, ZUCCHINI,
P&P BBQ SAUCE

PAIR WITH MALBEC OR STOUT

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Slice zucchini into rounds; season with salt and pepper. (If you'd prefer to grill zucchini, slice it into slabs and preheat the grill.)
- 2 Reheat sweet potato in a cast iron skillet with a splash of olive oil over medium high heat, turning occasionally, until hot, 4-8 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave sweet potato on Medium High, 3-5 minutes.
- 3 Bring baked beans to a simmer in a saucepan over medium low heat with splash of water (and a little BBQ sauce if you like), about 6-12 minutes.
- 4 Heat a skillet with a splash of olive oil over medium high heat; saute (or grill) zucchini until tender, 5-10 minutes. If you've opted to grill, be sure to oil grill grates.
- 5 Toast bun if desired.

SWEET POTATO: Sweet potato, seasonings, salt. **P&P PICKLES:** cucumber, rice vinegar, white wine vinegar, sugar, salt, chile de arbol, bay leaf. **BAKED BEANS:** beans, onion, chile powder, salt, pepper, onion powder, garlic powder, cumin. **BBQ SAUCE:** ketchup, water, cider vinegar, white vinegar, brown sugar, chile powder, cumin, kosher salt, pepper.

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.



FALAFEL

with hummus, chickpea salad, and pita

PAIR WITH SAUVIGNON BLANC OR HEFEWEIZEN

IN YOUR BAG

HERBED FALAFEL, P&P HUMMUS, CHICKPEA SALAD, PITA

Preheat oven to 350 degrees F. Place falafel in a single layer on a baking sheet.

Bake in the preheated oven until hot, about 20 minutes. Alternately, microwave falafel on Medium High until hot, 2-6 minutes (falafel will not be crispy if microwaved).

Pop pita into the microwave for a few seconds to serve warm.

FALAFEL: Chickpeas, scallions, garlic, parsley, mint, cumin, coriander, salt. **HUMMUS:** Chickpeas, onions, celery, carrot, garlic, tahini, lemon, baking soda, salt. **CHICKPEA SALAD:** Chickpeas, carrot, red onion, russian red kale, garlic scapes, cumin, white wine vinegar, olive oil, herbs, salt. **PITA:** Wheat flour, water, sunflower oil (rosemary extract and Vitamin E (to maintain freshness), yeast, sugar, salt, calcium propionate, natural enzymes, fumaric acid. *Allergens: Wheat*

FRESH ASPARAGUS

We have included a tasty bunch of fresh asparagus in your bag. You have a lot of options with asparagus.

Serve it fresh and raw, or blanch it in boiling water for 15-30 seconds. Or grill it. Dress with the provided caper-raisin vinaigrette.

VINAIGRETTE: Raisins, capers, balsamic, garlic, parsley, olive oil, salt

PRODUCER SPOTLIGHT

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

**Arndt Farms, Riemer Family Farm,
Elderberry Hill Farms, Mushroom Mike LLC**



CHOCOLATE CHIP COOKIES

Flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.
Allergens: Wheat, dairy, eggs