



P&P SWEET POTATO AND BROCCOLI

with brown rice

PREP &
COOK TIME

—
35
MINUTES

IN YOUR BAG

MARINATED SPICY SWEET POTATO

BROCCOLI

BROWN RICE

SPICY DRESSING

PAIR WITH PINOT NOIR OR LAGER

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Cut broccoli crowns into bite size florets. If broccoli stems are at all tough, shave them with a carrot peeler, then slice stems into “coins” about ¼-inch thick; set aside.
- 2 Preheat a grill for medium high heat, or preheat a skillet over medium high heat. Season sweet potatoes with salt and pepper.
- 3 Brush grill grates with olive oil, or swirl a small amount of olive oil in the pan. Using tongs, place sweet potato on the grill or hot pan. Cook, turning occasionally, until tender and browned, about 6–8 minutes. Set aside, covered, on a warm plate.
- 4 Place broccoli florets and coins with ½ cup water in a skillet over medium high heat; cover and steam until bright green, about 3 minutes. Uncover broccoli; cook until tender and water is evaporated, about 2 minutes more. Remove broccoli from heat; stir in spicy dressing.
- 5 Meanwhile, remove lid from brown rice, stir in a small amount of water, cover with a plate or paper towel, and microwave on Medium High until heated through, stirring as needed, 3-8 minutes.
- 6 Cube sweet potatoes; stir into broccoli. Season to taste with salt and black pepper.
- 7 Divide brown rice onto serving plates. Spoon broccoli mixture over rice; drizzle with pan juices.

BEEF: Sweet potato, garlic oil, soy sauce, chilies, garlic, white wine vinegar, salt. *Allergens:* Soy

DRESSING: Chiles, garlic, water, white wine vinegar, soy sauce, honey. *Allergens:* Soy

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.



SPRING GARDEN SALAD WITH TOFU

with peas, fava shoots, asparagus, farro, and feta

PAIR WITH VINHO VERDE OR BLONDE ALE

IN YOUR BAG

SPRING GARDEN SALAD WITH TOFU, ROASTED SUNFLOWER SEEDS

Toss salad to mix all ingredients and to redistribute juices; sprinkle with sunflower seeds.

SALAD WITH TOFU: Farro, asparagus, fava shoots, peas, feta, mint, parsley, scallions, olive oil, salt, pepper, red pepper flakes. *Allergens: Wheat, dairy*

PLEASE RETURN YOUR GLASSWARE!

Check your pantry for jars and Pyrex. Rinse or wash; replace lids to prevent chipping. Remove the labels right after you pull from fridge. They peel off clean when they are cold and dry.

FRESH GREENS

This week you'll see a big bag of Romaine heads and Caesar dressing to enjoy alongside whichever meals you choose.

CAESAR DRESSING: Olive oil, mayo, garlic, mustard, parmesan, lemon juice, salt. *Allergens: Egg, dairy*

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, Gentle Breeze Honey, BelGioioso, RP's Pasta, Satori, Sassy Cow Creamery



DOOR COUNTY CHERRY BAR

All purpose flour, oats, salt, brown sugar, white sugar, dried cherries, hard cider, butter. *Allergens: Wheat, dairy*