



GRILLED GYRO BLACK BEAN BURGER

with red cabbage slaw, tzatziki, and cucumber dill salad

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

GYRO BLACK BEAN BURGER

RED CABBAGE SLAW

TZATZIKI SAUCE

CUCUMBER-DILL SALAD

BRIOCHE BUN

PAIR WITH CABERNET OR PILSNER

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Preheat a grill for medium high heat.
- 2 Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly.
- 3 Grill burgers on the preheated grill, turning occasionally, until heated through, about 8-10 minutes.
- 4 Grill or toast bun or warm for a few seconds in microwave. Place burger on bottom bun; top with cabbage slaw, tzatziki sauce, and top bun.
- 5 Serve burger with cucumber-dill salad.



GYRO BURGER: Tofu, black beans, quinoa, flaxseed meal, sunflower butter, mayo, garlic, cayenne pepper, mint, oregano, parsley, cornstarch, salt, pepper. *Allergens: Soy, dairy, egg* **RED CABBAGE SLAW:** Red cabbage, onion, vinegar, sugar, salt. **TZATZIKI SAUCE:** Greek yogurt, cucumber, garlic, lemon juice, olive oil, dill, mint, salt. *Allergens: Dairy* **CUCUMBER-DILL SALAD:** Cucumber, red onion, vinegar, dill, sugar, salt.

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.



SHAKSHUKA

with san marzano tomatoes, goat cheese and farm eggs

PAIR WITH PINOT GRIGIO OR AMERICAN IPA

IN YOUR BAG

SHAKSHUKA, FARM EGGS, PITA BREAD

- 1 Preheat oven to 375 degrees F.
- 2 Heat shakshuka in a saucepan or ovenproof skillet until hot, about 6 minutes. Alternately, heat shakshuka in the microwave on High until hot, about 4 minutes.
- 3 Spread shakshuka into a shallow baking dish (or simply leave it in the ovenproof skillet). Using the back of a large spoon, make a well for each egg in the shakshuka; crack one egg into each well.
- 4 Bake in the preheated oven until egg whites turn opaque white, and yolks begin to thicken but are not hard, 7 to 10 minutes. If you prefer yolks hard, cook for a few minutes more.
- 5 Pop the pita bread into the oven for the last couple of minutes to warm.
- 6 Serve with pita bread.

SHAKSHUKA: Olive oil, yellow bell pepper, onion, potato, garlic, cumin, turmeric, paprika, cayenne, tomatoes, goat cheese, dill. **Allergens:** Dairy, Egg **PITA:** Flour, water, yeast, salt. **Allergens:** Wheat

BROCCOLI AND CAPER RAISIN VINAIGRETTE

This week you'll have fresh broccoli to serve anytime. Preheat oven to 400 degrees, toss broccoli with olive oil and salt and pepper. Roast broccoli for a few minutes, until slightly brown and crispy. Toss with vinaigrette and serve.

VINAIGRETTE: Raisins, Capers, balsamic, honey, olive oil, lemon, salt, pepper.

SESAME VANILLA ENERGY BALLS

Medjool dates, oats, pumpkin seeds, shredded coconut, sunflower seeds, tahini, salt, sesame seeds.

PRODUCER SPOTLIGHT

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

**Raleigh Hillside Farm, Winterfell Acres,
Tipi Produce, Riemer Family Farm, Elderberry Hill Farms,
Montchevre Goat Cheese, Gentle Breeze Honey,
Sassy Cow Creamery, Madison Sourdough Company,
Klondike Cheese Company**

FARM-TO-FREEZER: Red Coconut Curry Tofu with Brown Rice