



SMOKY TOFU AND ZUCCHINI SALAD

with zesty miso dressing

PREP &
COOK TIME

—
30
MINUTES

IN YOUR BAG

SMOKY TOFU

ZUCCHINI

SUMMER SALAD GREENS & SCALLIONS

SESAME SEEDS

ZESTY MISO DRESSING

PAIR WITH SAUVIGNON BLANC OR PILSNER

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Preheat grill for high heat. Slice zucchini lengthwise, brush with olive oil, and season with salt and pepper.
- 2 Grill zucchini until char-marked and tender, 3-5 minutes; set aside.
- 3 Wash and dry lettuce, chop or tear into bite size pieces, and place in large salad bowl.
- 4 Rinse scallion; trim off bottom end and upper 1/3 of green top. Slice remaining white and green stem into thin rounds.
- 5 Chop grilled zucchini; add zucchini and onion to the salad bowl. Pour half of miso dressing over salad and toss to coat.
- 6 Stir smoky tofu together with remaining dressing; toss tofu with the salad greens.
- 7 Heat a small frying pan over medium heat, pour in the sesame seeds and stir until just beginning to brown, about 1-3 minutes. They will brown suddenly, and can burn easily—don't multi-task while you toast them, and don't be tempted to turn up the heat.
- 8 Divide salad onto individual serving plates; sprinkle with toasted sesame seeds.

DRESSING: Ginger, soy sauce (vegetarian and gluten-free), white miso, tahini, sesame oil, honey, lemon juice, vegetable oil, salt, pepper, 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.



CREAMY BUTTERMILK ROASTED BROCCOLI SOUP

with spiced pepitas

PAIR WITH PINOT GRIS OR LAGER

IN YOUR BAG

BROCCOLI SOUP, SPICED PEPITAS, DINNER ROLL

Warm soup over medium heat in a saucepan, stirring often, until hot, 6-8 minutes. Alternately, heat in microwave on Medium High, stirring about every 2 minutes, 4-10 minutes. Divide into bowls, sprinkle with spiced pepitas. Pop dinner roll into microwave for just a few seconds to warm up.

CREAMY BROCCOLI SOUP: Broccoli, yellow onions, vegetable stock, garlic, buttermilk, coriander seed, red pepper flakes, salt, pepper. **Allergens:** Dairy **SPICED PEPITAS:** Pepitas, cumin, mustard seed, turmeric, parsley, lemon zest, salt. **DINNER ROLL:** Flour, water, salt, yeast. **Allergens:** Wheat

SUGAR SNAP PEAS WITH LEMON ZEST PARMESAN PANKO

This week you'll have fresh sugar snap peas in your bag to serve anytime. Pinch and pull off tops and the tough strings, or shell peas completely if you prefer. Grill, saute, or roast, then toss immediately with lemon zest parmesan panko.

TOPPING: Lemon zest, panko, parmesan cheese

CHOCOLATE CHIP COOKIES

Preheat oven to 375 degrees F. Place cookies, spaced 2 inches apart, onto a baking sheet. Bake until lightly golden, about 10 minutes.

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

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, Riemer Family Farm, Elderberry Hill Farms, Gentle Breeze Honey, Pork Chop Ridge, Nueske's Applewood Smoked Meats, Satori, Sassy Cow Creamery, Bell and Evans, Madison Sourdough Company

FARM-TO-FREEZER: Black Bean Enchilada with Red Sauce