



TOMATO AND ZUCCHINI PANZANELLA SALAD

PREP &
COOK TIME

—
20
MINUTES

IN YOUR BAG

TOMATOES, ZUCCHINI, CUCUMBER

FOCACCIA CROUTONS

FRESH MOZZARELLA

BASIL-CAPER VINAIGRETTE

PAIR WITH SAUVIGNON BLANC OR LAGER

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Slice cucumbers, and remove seeds if preferred. Place in a small bowl, season with salt, and set aside to rest for 5 minutes or more.
- 2 Halve cherry tomatoes, place in a large salad bowl, and season with salt, pepper, and a splash of olive oil.
- 3 Prepare zucchini in one of these ways: cut into bite size pieces to eat raw, OR preheat grill to high heat, slice and brush zucchini with olive oil, and grill until tender, about 4 minutes, then chop into bite size pieces, OR cut into bite size pieces and cook and stir in a skillet over medium-high heat until tender, about 4 minutes.
- 4 Drain cucumbers; stir into tomatoes in salad bowl. Stir in zucchini, mozzarella, croutons, and vinaigrette. Stir in a little olive oil if the salad needs more liquid; season well with salt and black pepper.



Focaccia Croutons: Flour, milk, water, yeast, salt, herbs, olive oil. **Allergens:** Wheat, dairy **Vinaigrette:** Basil, capers, shallots, mustard, sunflower oil, red wine vinegar, honey, 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.



P&P SEITAN SANDWICH

with onions and peppers

PAIR WITH CABERNET SAUVIGNON OR AMBER ALE

IN YOUR BAG

SEITAN, ONIONS AND PEPPERS, MOZZARELLA PROVOLONE BLEND, BATCH BUNS, SUMMER GREENS, RED WINE VINAIGRETTE

Heat seitan with its juices in a small saucepan over medium heat until heated through, about 5 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave seitan on medium-high power until hot, about 1 min.

Preheat broiler. Build each sandwich: layer seitan, onions and peppers, and cheese onto open bun; place on a baking sheet.

Toast under preheated broiler until cheese is melted, about 1-2 min.

Toss salad greens with vinaigrette to serve alongside.

Seitan: Seitan, vegetable stock, herb, spices. **Allergens:** Wheat **Red Wine Vinaigrette:** Sunflower oil, red wine vinegar, mustard, honey, salt, pepper. **Batch Bun:** Flour, water, yeast, salt. **Allergens:** Wheat

RAINBOW CHARD

This week you'll have a beautiful bag of rainbow chard to serve anytime. Chop chard stems and slice leaves into ribbons. Saute stems with a splash of olive oil in a skillet over medium heat for for 2-3 minutes, then stir in leaves and cook until wilted, a few minutes more; season with plenty of salt and pepper. For a little extra deliciousness, stir a tablespoon of vinegar, a teaspoon of brown sugar, and a few dashes of hot sauce together to dress the warm greens.

LEMON POPPY SEED MUFFINS

Butter, sugar, eggs, vanilla, ap flour, semolina flour, baking powder, whole milk, sour cream, lemon, poppy seed. **Allergens:** Dairy, egg, wheat

PRODUCER SPOTLIGHT

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

Arndt Farms, Raleigh Hillside Farm, Winterfell Acres, Riemer Family Farm, Elderberry Hill Farms, Tipi Produce, Gentle Breeze Honey, Sassy Cow Creamery, Batch Bakehouse, OGrande Cheese Co., Bell and Evans, BelGioioso, Odyssey Greek Yogurt

FARM-TO-FREEZER: Tofu Tikka Masala, Roasted Vegetables & Naan