



BBQ TVP SANDWICH

with napa cabbage slaw and pickled red onions

PREP &
COOK TIME

15
MINUTES

IN YOUR BAG

- BBQ TVP
- NAPA SLAW
- BRIOCHE BUNS
- PICKLED RED ONIONS
- BBQ SAUCE

PAIR WITH ROSÉ OR AMERICAN PALE ALE

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Place TVP in a saucepan with a splash of water over medium heat and cook, stirring occasionally, until heated through, about 5 to 7 minutes. Alternately, microwave TVP on Medium High until hot, about 1 to 3 minutes..
- 2 Toast bun; top with TVP, pickled onions, BBQ sauce, and top bun. Serve with Napa slaw.



TVP: TVP, onion, ketchup, molasses, brown sugar, cayenne, coriander, fennel seed, paprika, cumin, black pepper, salt, brown mustard, hot sauce, cider vinegar, bourbon, vegetable stock. **BBQ Sauce:** Ketchup, water, cider vinegar, white vinegar, brown sugar, cumin, salt, pepper. **Napa Slaw:** Napa Cabbage, cider vinegar, sugar, fresno chilies, salt. **Pickled Red Onions:** Red onions, vinegar, sugar, salt.

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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.



HEIRLOOM ROOTS & FARRO SALAD

carrot, kohlrabi, turnip; herbed farro & ricotta

PAIR WITH VIOGNIER OR HEFEWEIZEN

IN YOUR BAG

HEIRLOOM CARROTS, KOHLRABI, TURNIPS, CARROT TOP AND SPINACH PESTO, HERBED FARRO, HERBED RICOTTA, SPICED PUMPKIN SEEDS

- 1 Preheat oven to 375 degrees F. Toss carrots, radishes, and turnips with a splash of olive oil; spread vegetables on baking sheet.
- 2 Bake vegetables in the preheated oven until warm, about 10 minutes (they are precooked). Alternately, heat vegetables in microwave on Medium High until warm, 2 to 4 minutes.
- 3 Meanwhile, heat a teaspoon of olive oil in a skillet over medium heat; stir in farro, and cook and stir until hot, about 5 minutes. Alternately, heat farro in microwave on high, until hot, stirring often, 1 to 3 minutes.
- 4 Divide farro onto individual plates. Toss vegetables with pesto; divide over farro. Spoon ricotta on top, and sprinkle with pumpkin seeds.

Steak: Pesto: Carrot greens, spinach, garlic, chili flakes, salt, pepper, Parmesan cheese, olive oil.
Allergens: Dairy Herbed Farro: Farro, vegetable stock, herbs. **Herbed Ricotta:** Ricotta, lemon zest, herbs, salt. **Spiced pumpkin seeds:** Pumpkin seeds, sunflower oil, spices.

BEET HUMMUS

This week you'll see fresh beet hummus in your bag to serve anytime with your chip of choice or fresh crunchy cut vegetables.

Beets, white beans, garlic, sunflower oil, salt, pepper.

BANANA BREAD

Banana, sunflower oil, sugar, flour, whole wheat flour, eggs, salt, vanilla, baking soda, cinnamon. **Allergens:** Wheat, egg

PRODUCER SPOTLIGHT

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

Beef n Beaks Farm, Raleigh Hillside Farm, Winterfell Acres, Riemer Family Farm, Elderberry Hill Farms, Tipi Produce, Gentle Breeze Honey, Sassy Cow Creamery, BelGioioso, Madison Sourdough Company, Odyssey Greek Yogurt

FARM-TO-FREEZER: Thai-Style Sweet Potato Coconut Curry