



# BLACK BEAN & TOFU BURGER

with red cabbage slaw, remoulade and quinoa salad

PREP &  
COOK TIME

15  
MINUTES

IN YOUR BAG

VEGGIE BURGER

RED CABBAGE SLAW

REMOULADE

QUINOA SALAD

BRIOCHE BUN

PAIR WITH UNOAKED CHARDONNAY OR IPA

PASTURE AND PLENTY

## INSTRUCTIONS

- 1 Heat a skillet over medium heat for a minute or two, then swirl in a small amount of olive oil.
- 2 Place burger in skillet; cook until browned on one side, about 4 minutes. Turn burger over; cook until internal temperature reaches 145 degrees F, about 3 minutes more.
- 3 Meanwhile, toast brioche bun in a toaster or under the broiler until lightly browned. Place burger on bottom bun, followed by slaw, remoulade, and top bun.
- 4 Serve with quinoa salad and remaining slaw and remoulade.



**Veggie Burger:** Tofu, black beans, quinoa, flaxseed meal, sunflower butter, mayo, garlic, cayenne pepper, mint, oregano, parsley, cornstarch, salt, pepper. **Allergens:** Egg, wheat **Red Cabbage Slaw:** Red cabbage, onion, olive oil, apple cider vinegar, salt, honey, pepper. **Quinoa Salad:** Quinoa, carrot, onion, celery, Dijon mustard, olive oil, red wine vinegar, salt and pepper. **Remoulade:** Mayo, capers, cornichons, parsley, lemon juice, Dijon mustard, horseradish, black pepper. **Allergens:** Egg, wheat

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.



# GARDEN VEGETABLE COUSCOUS

with cauliflower meatballs & scallion-mint yogurt sauce

PAIR WITH A ZINFANDEL OR AN IPA

## IN YOUR BAG

CAULIFLOWER MEATBALLS, GARDEN VEGETABLE COUSCOUS,  
SCALLION-MINT YOGURT SAUCE

Preheat oven to 375 degrees F. Place cauliflower balls (they are precooked) in a shallow baking dish; cover with foil.

Reheat in the preheated oven until heated through, about 20 minutes. Alternately, remove lid and cover with plate or paper towel; microwave on High until heated through, 3-8 minutes.

Stir couscous; divide onto individual serving plates. Top couscous with cauliflower balls; drizzle with yogurt sauce.

**Cauliflower meatballs:** Cauliflower, brown rice, quinoa, oat flour, eggs, spices, salt. *Allergens: Egg*

**Couscous:** Couscous, cucumbers, cherry tomatoes, scallions, feta cheese, spices, olive oil, salt.

**Allergens:** Wheat, Dairy **Yogurt Sauce:** Yogurt, scallions, mint, lemon juice, salt. *Allergens: Dairy*

## P&P PICKLES

*This week you'll have fresh P&P dill pickles to serve anytime. Store them in the refrigerator.*

Cucumbers, water, sugar, salt, dill, seasonings.

## SNICKERDOODLES

All-purpose flour, butter, sugar, eggs, cinnamon, baking powder, 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:*

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

## FARM-TO-FREEZER: VEGETABLE POT PIE

Preheat oven to 400 degrees F. Place pot pie on baking sheet. Bake, uncovered, until hot and bubbly (internal temperature 165 degrees F), about 1 hour. Cover top loosely with foil if crust is browning too quickly. Rest 5 min. before serving. Reduce cook time by half if thawed. **Note:** Pot pies in aluminum containers cannot be heated in microwave.