



# GINGER-LIME CHICKEN AND BROWN RICE BOWL

with summer vegetables

PREP & COOK TIME

35 MINUTES

IN YOUR BAG

GINGER-LIME CHICKEN

BROWN RICE

SESAME-LIME DRESSING

SUMMER VEGETABLES

PAIR WITH PINOT NOIR OR AMBER ALE

## PASTURE AND PLENTY

### INSTRUCTIONS

- 1 Bring chicken out of the refrigerator; season with salt and black pepper.
- 2 Preheat oven to 400 degrees F. Spray a baking sheet with baking spray or line with parchment.
- 3 Cut eggplant, bok choy, and dragon beans into bite size pieces, keeping them separate; slice scallions. Toss eggplant with a small amount of olive or canola oil, and place on the prepared baking sheet. Season with salt and black pepper.
- 4 Roast eggplant until tender, about 20 minutes.
- 5 Meanwhile, heat a heavy skillet (cast iron if you have it) over high heat. Swirl a small amount of olive or canola oil in the pan; when the pan is hot enough, the oil will begin to shimmer. Using tongs, place chicken in the hot pan; cook, turning occasionally, until no longer pink in the center, about 15 minutes. Alternately, grill chicken on a preheated grill.
- 6 Heat a generous splash of olive or canola oil in a skillet or wok over high heat; stir fry the dragon beans for a minute or two. Stir in bok choy and cook until vegetables are crisp tender, about 3 minutes. Stir in rice with about 1/2 cup water, turn heat down to medium, and cook, stirring, just until rice is heated through, about 2 minutes.
- 7 Slice chicken thinly, divide rice and vegetables into individual bowls. Top with chicken and eggplant. Give the dressing a good shake; drizzle over bowls, and sprinkle scallions over top.

**Ginger-Lime Chicken:** Chicken, ginger, lime, seasonings, salt. **Sesame-Lime Dressing:** garlic, ginger, scallion, soy sauce, lime juice, rice vinegar, sweet chili sauce, honey, sesame oil, sunflower oil. **Asian Vegetables:** Japanese eggplant, scallion, dragon beans, baby bok choy.

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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.



# HOLLANDTOWN GOUDA GRILLED CHEESE

with herb butter and heirloom tomato-thai basil soup

PAIR WITH BEAUJOLAIS OR LAGER

## IN YOUR BAG

GRILLED CHEESE, HEIRLOOM TOMATO AND THAI-BASIL SOUP,  
HERB-WHIPPED BUTTER

- 1 Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes. Alternately, heat in microwave on Medium High, stirring every minute, 2-4 minutes.
- 2 Heat a skillet over medium heat. Smear herbed butter on both sides of sandwich; place sandwich in skillet and toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.
- 3 Cut sandwich in half; divide soup into individual bowls, and dinner is on!

**Grilled Cheese** Madison Sourdough bread, gouda, muenster cheese. *Allergens: Wheat, dairy* **Tomato Soup:** Heirloom Tomatoes, sweet onions, celery, garlic, white wine, coconut milk, olive oil, herbs and spices. **Whipped Butter:** Heavy cream, herbs, salt and pepper. *Allergens: Dairy*

## SALANOVA LETTUCE HEADS

with poppy seed vinaigrette

*This week you'll have Salanova lettuce heads to serve any time. Make one cut near the base of these lettuce heads, and all of the individual leaves will drop right into your salad spinner for a good rinse. Dress with poppy seed vinaigrette.*

**Vinaigrette:** Buttermilk, heavy cream, mayo, apple cider vinegar, lemon, poppy seeds, salt, pepper. *Allergens: Dairy, egg*

## SESAME VANILLA ENERGY BALLS

Medjool dates, oats, pumpkin seeds, 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:*

**Arndt Farms, Raleigh Hillside Farm, Winterfell Acres,  
Rierner Family Farm, Elderberry Hill Farms, Tipi Produce,  
Gentle Breeze Honey, Sassy Cow Creamery,  
Madison Sourdough Company, Grande Cheese Co.,  
Bell and Evans, BelGioioso, Odyssey Greek Yogurt**

**FARM-TO-FREEZER:** Grilled Vegetable Beef Lasagna with Hickory Nut Pesto