



HERITAGE BREED PORK CHOP

with quinoa salad, Brussels sprouts and apple chutney

PREP & COOK TIME

35 MINUTES

IN YOUR BAG

- PORK CHOP
- QUINOA SALAD
- BRUSSELS SPROUTS
- APPLE CHUTNEY

PAIR WITH GRENACHE OR STOUT

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Preheat oven to 400 degrees F. Rinse Brussels sprouts; remove any wilted outer leaves, and trim stem ends. Toss sprouts with olive oil, season with salt and pepper, and place on a baking sheet.
- 2 Roast sprouts in the preheated oven until tender when pierced with a fork, about 10 minutes.
- 3 Meanwhile, season pork chops with salt and ground black pepper on both sides.
- 4 Heat a skillet over medium high heat; swirl in a small amount of olive oil. Place pork chops in a single layer in skillet, and cook until browned on one side, about 3 minutes. Turn, reduce heat to medium, and cook until browned on the other side; continue cooking until juices run clear and internal temperature reads 145 degrees F when measured with an instant read thermometer, about 6 minutes more. Alternately, preheat a grill for medium high heat, and cook as directed above.
- 5 Place pork chops on individual serving plates, top with apple chutney, and serve with roasted sprouts and quinoa salad.

Quinoa Salad: Carrots, celery, scallions, quinoa, olive oil, vinegar, seasonings. **Apple Chutney:** Local apples, yellow onion, ginger, orange juice, apple cider vinegar, brown sugar, dried mustard, red pepper flakes, salt, raisins.

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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.



BUFFALO CHICKEN LETTUCE WRAPS

with slaw and homemade ranch dressing

PAIR WITH GEWURZTRAMINER OR IPA

IN YOUR BAG

BUFFALO CHICKEN, LETTUCE, SLAW, P&P RANCH

- 1 Warm chicken in a saucepan over medium low heat until hot, 7-10 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave chicken on Medium High until hot, about 3-5 minutes.
- 2 Divide chicken onto lettuce wraps. Top with slaw and ranch dressing; serve remaining slaw on the side.

Buffalo Chicken: Chicken, buffalo sauce (cayenne pepper, distilled vinegar, water, salt, garlic powder, butter), spices, salt. **Allergens:** Dairy **Slaw:** Cabbage, celery, carrots, honey, apple cider vinegar, spices, salt. **P&P Ranch:** Creme fraiche, buttermilk, mayo, spices, salt. **Allergens:** Dairy, egg

DELICATA SQUASH

This week you have delicata squash in your bag to serve anytime. Preheat oven to 350 degrees F. Slice squash in half lengthwise—no need to peel; the skin is also delicious—scoop out seeds, then slice crosswise into 1/2-inch-thick half moons. Place in a single layer on a baking sheet, brush with olive oil, and season with salt and pepper. Bake in the preheated oven until tender and browned, about 25 minutes.

OATMEAL RAISIN COOKIES

Oats, oat flour, brown sugar, butter, sugar, eggs, vanilla, baking soda, cinnamon, salt. **Allergens:** Dairy, egg



ROASTED VEGETABLE LASAGNA

PRODUCER SPOTLIGHT

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

Bell and Evans, Enos Farms, Weiterman Farm LLC, Raleigh Hillside Farm, Winterfell Acres, Riemer Family Farm, Elderberry Hill Farms, Gentle Breeze Honey, RP's Pasta, Sassy Cow Creamery, Grande Cheese Co., BelGioioso