



ZUCCHINI AND SQUASH CORN CAKE

with farro- summer radish salad and citrus vinaigrette

PREP &
COOK TIME

—
15
MINUTES

IN YOUR BAG

ZUCCHINI AND SQUASH CORN CAKE

FARRO AND RADISH SALAD

CITRUS VINAIGRETTE

PAIR WITH VINHO VERDE OR AMBER ALE

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Form zucchini cakes into patties; season with salt and pepper,
- 2 Heat a teaspoon of olive oil in a skillet on medium high heat. Place zucchini cakes in a single layer in the pan; sear until lightly browned on both sides and warmed through, about 2-3 minutes per side.
- 3 Divide radish salad onto individual serving plates; place cake on top. Drizzle with citrus vinaigrette, and enjoy!



Zucchini and Squash Corn Cake: Zucchini, squash, corn, red bell peppers, panko, mayonnaise, mustard, scallions, garlic, salt, pepper, spices. **Allergens:** Wheat, egg **Farro Salad:** Farro, spring red radish, scallions, peas, vegetable stock, kale, feta, seasonings, salt. **Allergens:** Wheat, dairy **Citrus Vinaigrette:** Canola oil, shallots, lemons, oranges, mustard, apple cider vinegar, 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.



GREEN CHILI TOFU AND BLACK BEAN SKILLET

with rice, pickled red onions and lime crema

PAIR WITH PINOT GRIS OR MEXICAN LAGER

IN YOUR BAG

GREEN CHILI TOFU, PICKLED RED ONIONS, LIME CREMA

- 1 Reheat green chili mixture in sauce pan with $\frac{1}{2}$ cup water over medium heat, stirring gently, until warmed through, about 10-15 minutes. Alternately, remove lid, cover with a plate or paper towel, and heat in microwave on High for 2-4 minutes; stir, reduce heat to Medium and heat in 2-3 minute increments until hot, about 4-8 minutes more.
- 2 Top with red onions and lime crema.

Green Chili Tofu: Tofu, poblano peppers, tomatillos, anaheim peppers, black beans, rice, sweet onions, sweet bell peppers, jalapeno, garlic, cilantro, seasonings, salt. **Pickled Red Onions:** Red onions, red wine vinegar, sugar, salt. **Lima Crema:** Sour cream, lime, salt. *Allergens: Dairy*

BABY CARROTS WITH PESTO

This week you'll have tender baby carrots and spinach arugula pesto to serve any time. Give carrots a good scrub—no need to peel. Toss carrots with olive oil, salt and pepper; place on a baking sheet. Roast until tender, 15-20 minutes. Stir pesto and warm carrots together in a bowl. Yum!

Pesto: Spinach, arugula, parmesan, garlic, chili flakes, olive oil, salt, pepper. *Allergens: Dairy*

HEALTHY MONSTER COOKIES

Oats, rice krispies, sunflower oil, brown sugar, eggs, sun butter, raisins, chocolate chips, shredded coconut, ground flax, sunflower seeds, pumpkin seeds, baking soda, salt, vanilla. *Allergens: Egg*



SWEET CORN CHOWDER

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, Raleigh Hillside Farm, Winterfell Acres,
Riemer Family Farm, Elderberry Hill Farms, Gentle Breeze Honey,
Sassy Cow Creamery, Grande Cheese Co.