



P&P SWEET POTATO AND BROCCOLI

with brown rice

PREP &
COOK TIME

—
35
MINUTES

IN YOUR BAG

MARINATED SPICY SWEET POTATO

BROCCOLI

BROWN RICE

VEGGIE SPICY DRESSING

PAIR WITH PINOT NOIR OR LAGER

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Cut broccoli crowns into bite size florets. If broccoli stems are at all tough, shave them with a carrot peeler, then slice stems into 'coins' about ¼-inch thick; set aside.
- 2 Preheat a grill for medium high heat, or preheat a skillet over medium high heat, Season sweet potatoes with salt and pepper.
- 3 Brush grill grates with olive oil, or swirl a small amount of olive oil in the pan. Using tongs, place sweet potato on the grill or hot pan. Cook, turning occasionally, until tender and browned, about 6-8 minutes. Set aside, covered, on a warm plate.
- 4 Place broccoli florets and coins with ½ cup water in a skillet over medium high heat; cover and steam until bright green, about 3 minutes. Uncover broccoli; cook until tender and water is evaporated, about 2 minutes more. Remove broccoli from heat; stir in spicy dressing.
- 5 Meanwhile, remove lid from brown rice, stir in a small amount of water, cover with a plate or paper towel, and microwave on Medium High until heated through, stirring as needed, 3-8 minutes.
- 6 Cube sweet potatoes; stir into broccoli. Season to taste with salt and black pepper.
- 7 Divide brown rice onto serving plates. Spoon broccoli mixture over rice; drizzle with pan juices.

Sweet Potato: Sweet potato, garlic oil, soy sauce, chilies, garlic, white wine vinegar, salt. *Allergens: Soy*
Veggie Spicy Dressing: Chiles, garlic, water, white wine vinegar, soy sauce, honey. *Allergens: Soy*

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.



CREAMY CURRY CARROT SOUP

with roasted mushrooms and mixed greens

PAIR WITH ROSÉ OR LAGER

IN YOUR BAG

CURRY CARROT SOUP, ROASTED MUSHROOMS,
LATE SEASON MIXED GREENS, HERB VINAIGRETTE

Heat carrot soup in a saucepan over medium low heat until hot, about 7 minutes. Alternately, heat in microwave on High, stirring every minute or so, until hot, about 3 minutes. Sprinkle with roasted mushrooms. Toss greens with vinaigrette; serve alongside.

Soup: Carrots, onions, ginger, vegetable stock, coconut milk, spices. **Mushrooms:** Mushrooms, brown sugar, spices, olive oil. **Vinaigrette:** Shallot, garlic, honey, Dijon mustard, red wine vinegar, olive oil, herbs, salt, pepper.

SWEET POTATOES

This week you'll have sweet potatoes in your bag to cook anytime. You can microwave them until tender, about 5 minutes on High, or preheat the oven to 350 degrees F, place them on a baking sheet, and bake until tender, 25-30 minutes.

GINGER MOLASSES COOKIES

Butter, granulated sugar, molasses, eggs, all-purpose flour, baking soda, ground cinnamon, ground ginger, ground cloves, salt. *Allergens: Dairy, egg, wheat*



CELERIAC, PARSNIP, AND EGGPLANT CASSEROLE

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, Madison Sourdough Company, BelGioioso, Odyssey Greek Yogurt