



# 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