



LARB STYLE TVP LETTUCE WRAPS

with bulgur wheat and cucumber salad

PREP &
COOK TIME

—
20
MINUTES

IN YOUR BAG

LARB STYLE TVP AND BULGUR WHEAT

BOSTON BIBB LETTUCE

CUCUMBER SALAD

MINT AND CILANTRO

PAIR WITH PINOT NOIR OR IPA

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Stir TVP and bulgur together with up to ½ cup water in a shallow pan over medium heat; cook, stirring occasionally, until the water is evaporated and is heated through, 5-7 minutes.
- 2 Meanwhile, pick the mint and cilantro leaves from their stems; chop or leave whole as desired. You'll be sprinkling these on top of your lettuce wraps.
- 3 Remove TVP mix from heat, and season to taste with salt and pepper.
- 4 Place lettuce leaves on serving plates, and divide TVP mix over lettuce leaves.
- 5 Top each wrap with cucumber salad, mint, and cilantro, and fold the lettuce around the filling. Don't you love finger food? Yeah, we do too.

TVP: Garlic, TVP, honey, shallots, chile de arbol, sambal, soy sauce, salt, pepper, lime, Thai chilies, lemongrass, ginger, bulgur wheat. **Allergens:** Soy, wheat **Lettuce wrap:** Boston bibb lettuce. **Cucumber Salad:** Cucumber, red onion, rice vinegar, sugar, salt.

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.



GRILLED EGGPLANT PARMESAN

with pasta and red sauce

PAIR WITH SANGIOVESE OR AMBER ALE

IN YOUR BAG

GRILLED EGGPLANT PARMESAN

oven: Preheat oven to 375 degrees F. Remove lid; cover with foil. 2) Bake in the preheated oven until heated through, 30 to 45 minutes. Remove foil for the last 5 minutes of baking time.

microwave: Remove lid; cover with a paper plate. Microwave on High for 3-6 minutes; stirring occasionally, and microwave until hot, 4-6 minutes more, adding water if needed. Rest in microwave for 3 minutes before serving.

Eggplant Parmesan: Eggplant, olive oil, onions, carrots, celery, tomatoes, herbs, spices, red wine vinegar, RP's pasta (semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt), cheese. *Allergens: Wheat, egg, milk*

BUTTERNUT SQUASH

This week you'll have butternut squash in your bag to serve anytime. Preheat oven to 375 degrees F. Cut squash in half lengthwise, remove seeds. Score the flesh with a sharp knife, brush with olive oil and season with salt and pepper. If you like, sprinkle on some baking spices and drizzle with maple syrup. Roast until tender, 30-40 minutes.

APPLE STREUSEL MUFFINS

Applesauce, sugar, salt, cinnamon, allspice, sunflower oil, eggs, baking soda, flour. **Streusel:** Flour, butter, brown sugar, cinnamon, sugar. *Allergens: Egg, wheat, milk*



SWEET POTATO DAHL

with roasted cauliflower and naan

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,
Bell and Evans, Riemer Family Farm, Elderberry Hill Farms, Tipi Produce,
Gentle Breeze Honey, Sassy Cow Creamery, RP's Pasta