



HEIRLOOM ROOTS AND FARRO SALAD

with pesto and fresh mozzarella

PREP &
COOK TIME

—
30
MINUTES

IN YOUR BAG

HEIRLOOM CARROTS/RADISHES/PARSNIPS

CARROT TOP AND SPINACH PESTO

HERBED FARRO

FRESH MOZZARELLA

SPICED PUMPKIN SEEDS

PAIR WITH VIOGNIER OR WHEAT ALE

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Preheat oven to 425 degrees F.
- 2 Toss carrots, radishes, and turnips with a tablespoon or two of olive oil; spread vegetables onto a baking sheet. Season with salt and ground black pepper.
- 3 Roast vegetables in the preheated oven until well browned and tender, about 20 minutes.
- 4 Meanwhile, heat farro in a saucepan over medium heat with 2 tablespoons of water or olive oil until hot, about 5 minutes. Alternately, heat farro in the microwave on high, stirring in 1-minute increments until hot, about 3 minutes.
- 5 Divide farro onto individual plates. Toss vegetables with pesto; divide over farro, garnish with mozzarella, and sprinkle with pumpkin seeds.

Pesto: Carrot greens, spinach, garlic, chili flakes, salt, pepper, parmesan, olive oil. **Herbed Farro:** Farro, vegetable stock, herbs. **Allergens:** Wheat

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.



TRADITIONAL P&P BEAN CHILI

PAIR WITH TEMPRANILLO OR AMBER ALE

IN YOUR BAG

P&P BEEF CHILI, LIME CREMA, CHEDDAR CHEESE, BLUE CHIPS

Cook and stir chili in a saucepan over medium-low heat until hot, about 7-10 minutes. Alternately, pour into microwave-safe bowl; cover with paper plate. Microwave on High for 3-6 minutes; stirring occasionally. Reduce heat to Medium; microwave until hot, 2-3 minutes more. Rest in microwave for 3 minutes before serving.

Divide into individual serving bowls, dollop with lime crema, sprinkle with cheddar cheese, and serve blue chips on the side.

Chili: Kidney beans, black beans, tomatoes, corn, onions, garlic, ancho chilies, guajillo chiles, pasilla, brown sugar, beer, apple cider vinegar, cumin, oregano, salt, pepper.

TOMATO JAM

This week you'll have house-made tomato jam to enjoy anytime. You'll love it on grilled cheese or a BLT, or on toast straight up. It's a delicious addition to a cheese plate. Yum!

Tomatoes, sugar, lemon juice, ginger, red pepper flakes, salt, cinnamon, cumin.

CHOCOLATE PUMPKIN BARS

Pumpkin, butter, sugar, eggs, oat flour, cocoa powder, maple syrup, chocolate chips, baking powder, cinnamon, salt, vanilla. *Allergens: Milk, egg*



SICHUAN KUNG PAO TOFU

PRODUCER SPOTLIGHT

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

Arndt Farms, 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, Grande Cheese.