



GARDEN VEGETABLE COUSCOUS

cauliflower "meatballs" & scallion-mint yogurt sauce

PREP &
COOK TIME

35
MINUTES

IN YOUR BAG

- CAULIFLOWER MEATBALLS
- GARDEN VEGETABLE COUSCOUS
- SCALLION-MINT YOGURT SAUCE

PAIR WITH A ZINFANDEL OR AN IPA

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Preheat oven to 375 degrees F. Place meatballs (they are precooked) in a shallow baking dish; cover with foil.
- 2 Reheat in the preheated oven until heated through, about 20 minutes. Alternately, remove lid and cover with plate or paper towel; microwave on High until heated through, 3-8 minutes.
- 3 Stir couscous; divide onto individual serving plates. Top couscous with meatballs and drizzle with yogurt sauce.



Lamb Meatballs: Cauliflower, brown rice, quinoa, oat flour, eggs, spices, salt. **Couscous:** Couscous, squash, mini sweet bell peppers, scallions, feta cheese, spices, olive oil, salt. **Yogurt Sauce:** Yogurt, scallions, mint, lemon juice, salt. *Allergens: Egg, milk, 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.



BROWN RICE AND GREEN CHILE SWEET POTATO

ENCHILADAS

PAIR WITH SAUVIGNON BLANC OR MEXICAN LAGER

IN YOUR BAG

BROWN RICE AND GREEN CHILE SWEET POTATO ENCHILADAS

Preheat oven to 350 degrees F.

Remove lid from thawed enchiladas, cover with foil, and bake until heated through, 25-40 minutes. Alternately, microwave on High 3-10 minutes, or until heated through.

Enchiladas: Sweet potatoes, brown rice, green chilies, onions, black beans, cheese, spices, flour tortillas.
Allergens: Milk, wheat

SWEET POTATOES

This week you'll have some small to medium sized sweet potatoes in your bag. This is the one thing Chef Nate always microwaves.

Make a couple of slits in each potato with a knife, place in microwave, and cook on High for 5-10 minutes until tender.

Or, preheat oven to 400, pierce potatoes and place them on a baking sheet; roast until tender, 25-40 minutes.

MEXICAN WEDDING COOKIES

Flour, powdered sugar, peanuts, butter, vanilla, salt. *Allergens: Wheat, nuts, milk*



KALE AND MUSHROOM LASAGNA

PRODUCER SPOTLIGHT

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

Raleigh Hillside Farm, Winterfell Acres, Riemer Family Farm, Elderberry Hill Farms, Pinn-Oak Ridge Farms, Sartori, Vitruvian Farms