



ROASTED HEIRLOOM SALAD

with carrot, radish, turnip, farro, and ricotta

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

HEIRLOOM CARROTS, RADISHES, AND TURNIPS

ARUGULA AND SPINACH PESTO

HERBED FARRO

SPICED PUMPKIN SEEDS

HERBED RICOTTA

PAIR WITH VIOGNIER OR HEFEWEIZEN

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Preheat oven to 375 degrees F. Toss precooked carrots, radishes, and turnips with a splash of olive oil; spread vegetables on baking sheet.
- 2 Bake vegetables in the preheated oven until warm, about 10 minutes. Alternately, heat vegetables in microwave on Medium High until warm, 2 to 4 minutes.
- 3 Meanwhile, heat a teaspoon of olive oil in a skillet over medium heat; stir in farro, and cook and stir until hot, about 5 minutes. Alternately, heat farro in microwave on high, until hot, stirring often, 1 to 3 minutes.
- 4 Divide farro onto individual plates. Toss vegetables with spinach arugula pesto; divide over farro. Spoon ricotta on top, and sprinkle with pumpkin seeds.

Herbed Farro: Farro, vegetable stock, herbs. **Arugula and Spinach Pesto:** Carrot greens, spinach, arugula, olive oil, parmesan cheese, garlic, chili flakes, pepper, salt. *Allergens: wheat, dairy.*

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.



BARBECUE TVP SANDWICH

with napa cabbage slaw and pickled onions

PAIR WITH ROSÉ OR AMERICAN PALE ALE

IN YOUR BAG

BARBECUE TVP
NAPA CABBAGE SLAW
PICKLED ONION
BARBECUE SAUCE
BRIOCHE BUNS

1) Place TVP in a saucepan with a splash of water over medium heat and cook, stirring occasionally, until heated through, about 5 to 7 minutes. Alternately, microwave TVP on Medium High until hot, about 1 to 3 minutes.

2) Toast bun; top with TVP, pickled onions, barbecue sauce, and top bun. Serve with Napa slaw.

Barbecue TVP: Textured vegetable protein, onion, ketchup, molasses, brown sugar, cayenne, coriander, fennel seed, paprika, cumin, black pepper, salt, brown mustard, hot sauce, cider vinegar, bourbon, vegetable stock.
Napa Cabbage Slaw: Napa Cabbage, cider vinegar, sugar, fresno chilies, salt. **Pickled Onions:** Red onions, vinegar, sugar, salt. **Barbecue Sauce:** Ketchup, cider vinegar, white vinegar, brown sugar, cumin, pepper, salt.
Allergens: soy, wheat, egg.

SESAME COCOA ENERGY BALLS

Ready to enjoy!

Ingredients: Medjool dates, oats, pumpkin seeds, sunflower seeds, tahini, salt, sesame seeds.



SWEET POTATO COCONUT CURRY

Thai-style curry with sweet potato, zucchini, squash, and rainbow chard over rice.

PRODUCER SPOTLIGHT

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

Riemer Family Farm, Elderberry Hill Farms, Gentle Breeze Honey, Sassy Cow Creamery, Madison Sourdough Company, Grande Cheese Co., Bell and Evans, BelGioioso, Enos Farms