



# CAULIFLOWER MEATBALLS

with garden vegetable couscous and scallion-mint yogurt sauce

PREP &  
COOK TIME

25  
MINUTES

IN YOUR BAG

CAULIFLOWER MEATBALLS

GARDEN VEGETABLE COUSCOUS

SCALLION-MINT YOGURT SAUCE

PAIR WITH ZINFANDEL OR IPA

PASTURE AND PLENTY

## INSTRUCTIONS

- 1 Preheat oven to 375 degrees F.
- 2 Place couscous and "meatballs" (they are precooked) in a shallow baking dish; cover with foil. 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 Divide couscous and "meatballs" onto individual serving plates. Drizzle with yogurt sauce.

**Cauliflower Meatballs:** Cauliflower, brown rice, quinoa, oat flour, eggs, spices, salt. **Garden Vegetable Couscous:** Couscous, squash, mini sweet bell peppers, scallions, feta cheese, spices, olive oil, salt. **Scallion-Mint Yogurt Sauce:** Yogurt, scallions, mint, lemon juice, salt. *Allergens: Wheat, egg, 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.



# WISCONSIN GOUDA AND HERB GRILLED CHEESE

with tomato basil soup

PAIR WITH BEAUJOLAIS OR LAGER

## IN YOUR BAG

GRILLED CHEESE

TOMATO BASIL SOUP

WHIPPED HERB BUTTER

1) Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes. Alternately, heat in microwave on Medium High, stirring every minute, 2-4 minutes.

2) Heat a skillet over medium heat. Smear whipped herb butter on both sides of sandwich; place sandwich in skillet and toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

3) Cut sandwich in half; divide soup into individual bowls, and dinner is on!

**Grilled Cheese:** Madison Sourdough Company rosemary sourdough bread, gouda, muenster cheese. **Tomato Basil Soup:** Tomatoes, sweet onions, celery, garlic, white wine, heavy cream, olive oil, herbs and spices. **Whipped Herb Butter:** Heavy cream, herbs, salt and pepper. *Allergens: Wheat, dairy.*

## PEANUT BUTTER COOKIES

ready to enjoy!

Ingredients: Peanut butter, oat flour, brown sugar, baking powder, vanilla, salt. *Allergens: Peanuts*



## WINTER ROASTED VEGETABLE LASAGNA

with pepita pesto

## PRODUCER SPOTLIGHT

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

Arndt Farms, Cold Valley Farm, Riemer Family Farm, Elderberry Hill Farms, RP's Pasta, Mushroom Mike LLC, Madison Sourdough Company, Odyssey Greek Yogurt, Klondike Cheese Co., Sassy Cow Creamery, Sartori, BelGioioso.