



BLACKENED SWEET POTATO SANDWICH

with pickled peppers and cilantro-lime sour cream

PREP &
COOK TIME

—
20
MINUTES

IN YOUR BAG

BLACKENED SWEET POTATO

PICKLED PEPPERS

CILANTRO-LIME SOUR CREAM

BRIOCHE BUN

CARROT QUINOA SALAD

PAIR WITH SAUVIGNON BLANC, PINOT GRIS OR LAGER

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Preheat oven to 350 degrees F.
- 2 Place blackened sweet potato on a baking sheet, and bake until hot, about 10 minutes. Or, heat sweet potato in microwave on High until hot, 2-3 minutes.
- 3 Toast brioche bun in toaster or oven. Build sandwich with sweet potatoes, pickled peppers, and sour cream.
- 4 Give the carrot quinoa salad a good stir, and serve on the side.

Blackened Sweet Potato: Sweet potato, olive oil, cumin, chile de arbol, pepper, salt. **Pickled Peppers:** Red bell peppers, poblano peppers, tomatoes, red wine vinegar, sugar, salt. **Cilantro-lime sour cream:** Sour cream, cilantro, lime. **Carrot Quinoa Salad:** Quinoa, carrots, onions, feta, olive oil, red wine vinegar, parsley, salt. **Brioche Bun:** Flour, butter, sugar, eggs, milk powder, yeast, salt. *Allergens: Wheat, egg, dairy.*

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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.



AFRICAN BEEF CURRY

with basmati rice

PAIR WITH CHENIN BLANC OR IPA

IN YOUR BAG

BOBOTIE

BASMATI RICE

1) Place bobotie into a saucepan over medium heat. Cook, stirring occasionally, until soup is hot and bubbly, about 10-15 minutes.

2) Likewise, place rice in sauce pan with 1/4 cup of water and heat gently until warmed through, stirring occasionally. Alternately, transfer rice to microwave-safe dish and top with bobotie. Microwave on High for 3-5 minutes; stir, reduce heat to Medium High and continue to cook, stirring every minute or so, until hot, about 2-8 minutes more.

Bobotie: Ground beef, red onion, celeriac, kale, tomatoes, peanut butter, garlic, curry powder, cumin, coriander, salt. **Basmati Rice.** *Allergens: Peanut.*

BROWN BUTTER CHOCOLATE CHIP COOKIE DOUGH

Preheat oven to 325 degrees F. Place dough balls on greased or parchment-lined baking sheet. Bake in preheated oven for 12-18 minutes.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.

Allergens: Eggs, wheat, dairy. Do not consume raw cookie dough.



CHICKEN POT PIE

Preheat oven to 400 degrees F. Place pot pie on baking sheet. Bake, uncovered, until hot and bubbly (internal temperature 165 degrees F), about 1 hour. Cover top loosely with foil if crust is browning too quickly. Reduce cook time by half if thawed.

Chicken Pot Pie: Chicken, onions, carrots, celery, chicken stock, seasonings, butter, flour, salt. *Allergens: Wheat, dairy.*

PRODUCER SPOTLIGHT

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

Arndt Farms, Riemer Family Farm, Elderberry Hill Farms, Bell and Evans, Sassy Cow Creamery, Madison Sourdough Company.

Safe Handling Instructions: Please keep all meal kit ingredients* refrigerated or frozen until ready to use, unless otherwise marked. Reheat all frozen or prepared foods to a safe temperature of 165 degrees F and cook proteins to temperatures as noted in recipe instructions. Enjoy your cook kit, ready-to-eat and thawed farm-to-freezer meals within 5 days.

*Exceptions include baked goods like dinner rolls and vegetables that hold at room temperature, like whole tomatoes and squash.