



# BLACKENED SWEET POTATO SANDWICH

with pickled peppers and cilantro-lime sour cream

PREP &  
COOK TIME

—  
**25**  
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.*

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 VEGETABLE CURRY

with basmati rice

PAIR WITH CHENIN BLANC OR IPA

## IN YOUR BAG

VEGETABLE 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 a 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.

**Vegetable Bobotie:** Carrots, seitan, sweet potatoes, heirloom potatoes, tomatoes, red onion, peanut butter, garlic, curry powder, cumin, coriander, salt. **Basmati Rice.** *Allergens: Peanut, wheat.*

## 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.*



## VEGETABLE 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.

**Vegetable Pot Pie:** Onions, carrots, celery, butter, flour, vegetable stock, seasonings, 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.