



HERBED CHICKEN AND FUSILLI

with roasted cauliflower, capers and pine nuts

PREP &
COOK TIME

—
45
MINUTES

IN YOUR BAG

CAULIFLOWER

RP'S FUSILLI

HERBED CHICKEN

CAPER-GARLIC CREAM

SARVECCHIO AND PINE NUTS

PAIR WITH UNOAKED CHARDONNAY OR BLONDE ALE.

PASTURE AND PLENTY

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INSTRUCTIONS

- 1 Preheat oven to 425 degrees F. Toss cauliflower with olive oil, salt and pepper; spread in a single layer onto a baking sheet. Roast in the preheated oven until golden brown and tender, about 25 minutes.
- 2 While cauliflower is roasting, bring a large pot of salted water - salty like the sea - to a boil over high heat; drop in fusilli and cook to desired doneness, about 3 minutes. Drain fusilli; set aside and keep warm.
- 3 Heat a small amount of olive oil in a skillet over high heat, and cook chicken, turning occasionally, until no longer pink at the center and internal temperature reads 165 degrees F with an instant-read thermometer, about 15 minutes. Remove chicken to a plate; keep warm.
- 4 Stir fusilli, cauliflower, and caper-garlic cream together in the same skillet over medium heat; cook until hot, about 2 minutes.
- 5 Divide fusilli mixture onto individual serving plates; top with chicken and sprinkle with SarVecchio and pine nuts.

RP's fusilli: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt. **Caper-garlic cream:** Cream, capers, garlic, lemon, salt, pepper. **Herbed chicken:** Chicken, herbs, garlic, salt, lemon, red pepper flakes. **SarVecchio and pine nuts:** Pasteurized cow's milk, cheese cultures, salt, enzymes, pine nuts. **Cauliflower.** Contains: *Wheat, dairy, tree nuts.*

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.



TRADITIONAL P&P BEEF CHILI

PAIR WITH TEMPRANILLO OR AMBER ALE

IN YOUR BAG

P&P BEEF CHILI
LIME CREMA
CHEDDAR CHEESE

1) Cook and stir chili in a saucepan over medium-low heat until hot, about 7-10 minutes. Add a 1/2 cup of water if needed. Alternately, pour into microwave-safe bowl and cover. Microwave on High for 3-6 minutes; stirring occasionally. Reduce heat to Medium; microwave until hot, 2-3 minutes more. Rest in microwave for 3 minutes before serving.

2) Divide into individual serving bowls, dollop with lime crema and sprinkle with cheddar cheese.

P&P Beef Chili: Beef, tomatoes, kidney beans, onions, celery, green bell peppers, poblano peppers, ancho chiles, guajillo chiles, chicken stock, brown sugar, apple cider vinegar, spices, pepper, salt.
Lime crema: Sour cream, cilantro, heavy cream, lime juice, salt. **Cheddar Cheese.** Contains: Milk.

TOFFEE BARS

Ready to enjoy!

Ingredients: Flour, butter, chocolate, sugar, vanilla, salt. Contains: Wheat, milk.



CHANA MASALA

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, RP's Pasta, Bell and Evans, Gentle Breeze Honey, Sassy Cow Creamery, Grande Cheese Co., Sartori

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.