



# ROASTED SALMON

with roasted heirloom root vegetables over farro

PREP &  
COOK TIME

45  
MINUTES

### IN YOUR BAG

- SALMON
- HEIRLOOM CARROTS AND TURNIPS
- FARRO
- SPICED PUMPKIN SEEDS
- MOZZARELLA
- HERB VINAIGRETTE

PAIR WITH VIOGNIER OR WHEAT ALE

## PASTURE AND PLENTY

## INSTRUCTIONS

- 1 Preheat oven to 400 degrees F.
- 2 Season frozen salmon with salt and pepper. Place frozen salmon skin side down on a greased baking sheet. Peel carrots and turnips, trim the ends and chop into large chunks. Toss vegetables with a tablespoon or two of olive oil; spread onto baking sheet around salmon.
- 3 Roast salmon and vegetables in the preheated oven for 10 minutes. Turn oven temperature down to 325 degrees F. Roast for another 8-15 minutes until the thinnest part of the salmon begins to crack slightly - flesh should flake gently away and be slightly translucent at the skin of the thickest point.
- 4 Meanwhile, heat farro in a saucepan over medium heat with 2 tablespoons of water or olive oil until hot, about 5 minutes. Alternately, heat farro in the microwave on high, stirring in 1-minute increments until hot, about 3 minutes.
- 5 Divide farro onto individual plates. Toss vegetables with vinaigrette; divide over farro, garnish with mozzarella, and sprinkle with pumpkin seeds. Top with salmon and serve.

**Herb Vinaigrette:** Sunflower oil, garlic, shallots, red wine vinegar, whole grain mustard, thyme, parsley, salt, pepper. **Herbed farro:** Farro, vegetable stock, herbs. **Spiced pumpkin seeds:** Pumpkin seeds, paprika, cumin, coriander, salt, pepper, garlic oil. **Carrots, turnips. Salmon. Mozzarella cheese.** Contains: *Wheat, milk.*

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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.



# BEEF BOURGUIGNON

with mashed potatoes

PAIR WITH BURGUNDY OR STOUT

## IN YOUR BAG

BEEF BOURGUIGNON  
MASHED POTATOES  
ARUGULA

- 1) Heat bourguignon in a sauce pan over medium heat until heated through, about 8-10 minutes. Add a bit of water to thin if needed.
- 2) Place mashed potatoes in sauce pan, add a dash of milk, cream or water and stir. Heat over medium heat until heated through, 8-10 minutes.
- 3) Plate potatoes, top with bourguignon and sprinkle with arugula.

**Beef bourguignon:** Beef, beef stock, mushrooms, onions, carrots, bacon, garlic, flour, butter, red wine, peppercorns, bay leaf, parsley, thyme. **Mashed potatoes:** Potatoes, heavy cream, butter, salt, pepper. **Arugula.** Contains: Milk, wheat.

# LUCKY SHAMROCK COOKIES

Have you met Di from To Di For? Lucky us, she baked up a big batch of Shamrocks to share with you. We have her cookie kits and more shamrocks in our bakery case this week. Need more? We can add them to your bag for next week, just drop us a line. Check out more of her work at [todiforbaking.com](http://todiforbaking.com).

Ingredients: AP flour, cane sugar, vanilla, baking powder, meringue powder, food coloring Contains: Wheat, egg.

# FARMHOUSE APPLE SAUCE

This week you'll have fresh house-made applesauce to serve anytime.

Ingredients: Apples, butter, cinnamon, sugar, lemon, salt. Contains: Milk.



# SWEET CORN CHOWDER

## PRODUCER SPOTLIGHT

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

**Arndt Farms, Bering Bounty, Riemer Family Farm, Elderberry Hill Farms, 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.