



MEDITERRANEAN VEGGIE BURGER

with red cabbage slaw, tzatziki, and cucumber dill salad

PREP &
COOK TIME

—
25
MINUTES

IN YOUR BAG

MEDITERRANEAN VEGGIE BURGER MIX

RED CABBAGE SLAW

TZATZIKI SAUCE

CUCUMBER-DILL SALAD

BRIOCHE BUN

PAIR WITH CABERNET OR PILSNER

PASTURE AND PLENTY

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INSTRUCTIONS

- 1 Preheat a grill to medium high heat. Alternately, heat a greased saute pan over medium high heat.
- 2 Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner -- it will cook more evenly.
- 3 Grill burgers on the preheated grill or saute pan, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160 degrees F, about 8-12 minutes, or to desired doneness.
- 4 Grill or toast bun or warm for a few seconds in microwave. Place burger on bottom bun; top with red cabbage slaw, tzatziki sauce, and top bun. Serve burger with cucumber-dill salad on the side.

Mediterranean veggie burger: Tofu, black beans, quinoa, flaxseed meal, sunflower butter, mayonnaise, garlic, cayenne pepper, mint, oregano, parsley, cornstarch, salt, pepper. **Red cabbage slaw:** Red cabbage, onion, vinegar, sugar, salt. **Tzatziki sauce:** Greek yogurt, cucumber, garlic, lemon juice, olive oil, dill, mint, salt. **Cucumber-dill salad:** Cucumber, vinegar, dill, sugar, salt. **Brioche bun:** Flour, butter, sugar, eggs, milk powder, salt, yeast, water. *Contains: Wheat, milk, egg, soy.*

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.



SWEET POTATO TORTILLA SOUP

PAIR WITH PINOT GRIS OR LAGER

IN YOUR BAG

SWEET POTATO TORTILLA SOUP

LIME CREMA

BLUE FARM BLUE CORN TORTILLA CHIPS

1) Place soup into a saucepan over medium heat. Cook, stirring occasionally, until soup is hot and bubbly, about 10-15 minutes. Alternately, transfer soup to a microwave-safe dish and cover. 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. Rest in microwave for 3 minutes before serving.

2) Place soup in bowls, garnish with lime crema, and serve blue chips on the side.

Sweet potato tortilla soup: Sweet potato, corn, tomatoes, onions, black beans, chiles in adobo, poblano peppers, vegetable stock, seasonings, lime. **Lima crema:** Sour cream, lime, cilantro, salt. **Blue Farm blue corn tortilla chips:** Organic blue corn, organic sunflower oil, salt, trace of lime. *Contains: Milk.*

MONSTER COOKIE DOUGH

Baking instructions: Bring dough to room temperature. Preheat oven to 325 degrees F and flatten dough into discs. Bake cookies in pre-heated oven for 6-8 min.

Ingredients: Oats, rice krispies, sunflower oil, brown sugar, eggs, sunbutter, raisins, chocolate chips, shredded coconut, ground flax, sunflower seeds, pumpkin seeds, baking soda, salt, vanilla. *Contains: Egg.*



THAI VEGETABLE CURRY

PRODUCER SPOTLIGHT

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

Arndt Farms, Pinn Oak Ridge, Riemer Family Farm, Elderberry Hill Farms, Bell and Evans, Sassy Cow Creamery, Madison Sourdough Company, Blue Farm

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.