



# ZUCCHINI AND SQUASH CORN CAKE

with farro, spring red and beauty heart radish salad  
and citrus vinaigrette

PREP &  
COOK TIME

—  
**15**  
MINUTES

IN YOUR BAG

ZUCCHINI AND SQUASH CORN CAKE  
FARRO AND SPRING RED AND BEAUTY  
HEART RADISH SALAD  
CITRUS VINAIGRETTE

PAIR WITH GRUNER VELTLINER OR AMBER ALE

PASTURE AND PLENTY

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## INSTRUCTIONS

- 1 Form zucchini and squash mix into patties; season with salt and pepper.
- 2 Heat a teaspoon of olive oil in a skillet on medium high heat. Place fish cakes in a single layer in the pan; sear until lightly browned on both sides and warmed through, about 2-3 minutes per side (fish is already cooked, so you are just bringing it up to temperature).
- 3 Season farro and radish salad with salt and pepper to taste.
- 4 Divide farro and radish salad onto individual serving plates; place cake on top. Drizzle with citrus vinaigrette, and enjoy!

**Zucchini and squash corn cakes:** Zucchini, corn, red bell peppers, panko, mayonnaise, chives, parsley, mustard, scallions, garlic, salt, pepper, spices. **Farro and radish salad:** Farro, spring red radish, beauty heart radish, peas, vegetable stock, kale, feta, seasonings, salt. **Citrus vinaigrette:** Canola oil, shallots, lemons, oranges, mustard, apple cider vinegar, salt, pepper. *Contains: Egg, milk, wheat.*

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.



# SHAKSHUKA

with heirloom tomatoes, fingerling potatoes and goat cheese

**\*\*You'll need eggs from your fridge this week, 1-2 eggs per serving.\*\***

PAIR WITH PINOT GRIGIO OR AMERICAN IPA

## IN YOUR BAG

SHAKSHUKA

PITA BREAD

- 1) Preheat oven to 375 degrees F.
- 2) Heat shakshuka in a saucepan or ovenproof skillet until hot, about 6 minutes. Alternately, heat shakshuka in the microwave on High until hot, about 4 minutes.
- 3) Spread shakshuka into a shallow baking dish (or simply leave it in the ovenproof skillet). Using the back of a large spoon, make a well for each egg in the shakshuka; crack one egg into each well.
- 4) Bake in the preheated oven until egg whites turn opaque white, and yolks begin to thicken but are not hard, 7 to 10 minutes. If you prefer yolks hard, cook for a few minutes more.
- 5) Put the pita bread into the oven for the last couple of minutes to warm. Serve with pita bread.

**Shakshuka:** Tomato, yellow bell pepper, onion, fingerling potato, goat cheese, olive oil, garlic, cumin, turmeric, paprika, cayenne, dill. **Pita bread:** Wheat flour, water, sunflower oil (rosemary extract and vitamin E), yeast, sugar, salt, calcium propionate, natural enzymes, fumaric acid. *Contains: Milk, wheat.*

# BROWN BUTTER CHOCOLATE CHIP COOKIE DOUGH

Preheat the oven to 375 degrees F. Place cookies, spaced 2 inches apart, on a parchment lined baking sheet. Bake until lightly golden, about 10 minutes.

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

*Contains: Egg, milk, wheat.*



# ROASTED VEGETABLE SHEPHERD'S PIE

## PRODUCER SPOTLIGHT

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

**Alsum Sweet Corn, Pinn-Oak Ridge Farm, Elderberry Hill Farms**

**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.