



JERK CHICKEN SANDWICH

with Caribbean rice and mango salsa

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

- JERK CHICKEN
- CARIBBEAN RICE
- LIME SLAW
- MANGO SALSA
- BRIOCHE BUN

PAIR WITH A RIESLING OR CREAM ALE

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Heat a skillet over medium high heat; add a small amount of olive oil to the pan. Place chicken in a single layer in the skillet, and cook until browned on one side, about 3 minutes. Flip chicken over, cook until browned on the other side. Continue cooking until juices run clear and internal temperature reads 165 degrees F when measured with an instant read thermometer, about 6 minutes more. Alternately, preheat an outdoor grill for medium-high heat; grill chicken, turning occasionally, to an internal temperature of 165 degrees F.
- 2 Rice is pre-cooked. To heat, remove lid from rice, and add 1-2 tablespoons of water. Microwave on high, stirring every 1-2 minutes, until hot, about 3 minutes.
- 3 Toast bun or warm for a few seconds in the microwave.
- 4 Place chicken on bottom bun; top with mango salsa and top bun. Serve with mango slaw and Caribbean rice.

Ingredients: Jerk chicken: Chicken, habanero peppers, scallions, ginger, garlic, thyme, seasonings, brown sugar, soy sauce, lime. **Caribbean rice:** Brown rice, coconut milk, coconut oil, ginger, garlic, lime, salt, pepper. **Lime slaw:** Green and purple cabbage, carrot, mayonnaise, lime juice. **Mango salsa:** Mango, red onion, sugar, salt, lime juice. **Brioche bun:** Flour, butter, sugar, eggs, milk powder, salt, yeast, water. *Contains: Wheat, soy, milk, egg.*

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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.



SOBA NOODLE SALAD

with cucumbers, sea greens, and edamame.

PAIR WITH RESILING OR AMBER ALE

IN YOUR BAG

SOBA NOODLE SALAD

SESAME SEEDS

SESAME VINAIGRETTE

- 1) Toss salad with sesame vinaigrette.
- 2) Divide among plates, top with sesame seeds and enjoy!

Ingredients: Soba noodle salad: Buckwheat flour, wheat flour, cucumbers, wakame seaweed, edamame, soy sauce, sesame oil, canola oil, ginger, scallions, salt. **Sesame vinaigrette:** Soy sauce, sesame oil, chile oil. **Sesame seeds.** Contains: Soy, wheat.

SNICKERDOODLE COOKIE DOUGH

Baking instructions: Preheat oven to 325 degrees F.

Place frozen cookies on parchment-lined or greased cookie sheet. Bake in preheated oven for 16-20 minutes until golden.

Ingredients: AP flour, baking powder, salt, butter, sugar, eggs, cinnamon. Contains: Egg, milk, wheat.



PORK VINDALOO WITH GARLIC NAAN

PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers: Bell and Evans, Madison Sourdough, Fox Heritage Farms, Winterfell Acres

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.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

*Exceptions include baked goods like dinner rolls and vegetables that hold at room temperature, like whole tomatoes and squash.