



# JERK SWEET POTATO SANDWICH

with Caribbean rice and mango salsa

PREP &  
COOK TIME

—  
**20**  
MINUTES

IN YOUR BAG

JERK SWEET POTATO

CARIBBEAN RICE

LIME SLAW

MANGO SALSA

BRIOCHE BUN

PAIR WITH A RIESLING OR CREAM ALE

PASTURE AND PLENTY

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## INSTRUCTIONS

- 1 Heat a skillet over medium high heat; add a small amount of olive oil to the pan. Place sweet potato slices in a single layer in the skillet, and cook until browned on one side, about 3 minutes. Flip sweet potato over, cook until browned on the other side.
- 2 While sweet potato is cooking, 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 sweet potato on bottom bun; top with mango salsa and top bun. Serve with slaw and Caribbean rice.

**Ingredients: Jerk sweet potato:** Sweet potato, habanero peppers, scallions, ginger, garlic, thyme, seasonings, brown sugar, soy sauce, lime. **Caribbean rice:** Brown rice, Coconut oil, ginger, garlic, coconut milk, 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.*

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.



# CHANA MASALA 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.