



# BLACK BEAN-TOFU BURGER

with red cabbage slaw, remoulade, and quinoa salad

PREP &  
COOK TIME

15  
MINUTES

IN YOUR BAG

BLACK BEAN-TOFU BURGER

RED CABBAGE SLAW

REMOULADE

QUINOA SALAD

BRIOCHE BUN

PAIR WITH SAUVIGNON BLANC OR PALE ALE

## PASTURE AND PLENTY

### INSTRUCTIONS

- 1 Heat a skillet over medium heat for 1-2 minutes, then swirl a small amount of olive oil in the pan.
- 2 Season burger with salt and pepper, then place in skillet. Cook until browned and crispy, about 4 minutes. Turn patty over; cook an additional 3-4 minutes.
- 3 While burger is cooking, toast brioche bread in a toaster or under the broiler of an oven until lightly browned.
- 4 Once cooked, place burger on bottom bun followed by slaw, remoulade, and then top bun.
- 5 Serve with quinoa salad and remaining remoulade and slaw.

**Black bean-tofu burger:** Tofu, black beans, quinoa, flaxseed meal, sunflower butter, mayo, garlic, cayenne pepper, mint, oregano, parsley, cornstarch, salt, pepper. **Red cabbage slaw:** Red cabbage, onion, olive oil, apple cider vinegar, salt, honey, pepper. **Quinoa salad:** Quinoa, carrot, onion, celery, Dijon mustard, olive oil, red wine vinegar, salt and pepper. **Remoulade:** Mayonnaise, capers, cornichons, parsley, lemon juice, Dijon mustard, horseradish, black pepper. **Brioche bun:** Flour, butter, sugar, eggs, milk powder, salt, yeast, water. *Contains: Soy, wheat, egg, milk.*



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.



# GARDEN VEGETABLE COUSCOUS

with cauliflower "meatballs" and scallion-mint yogurt sauce

PAIR WITH ZINFANDEL OR IPA

## IN YOUR BAG

- CAULIFLOWER "MEATBALLS"
- GARDEN VEGETABLE COUSCOUS
- SCALLION-MINT YOGURT SAUCE

- 1) Preheat oven to 375 degrees F. Place cauliflower "meatballs" (they are precooked) in a shallow baking dish; cover with foil.
- 2) Reheat in the preheated oven until heated through, about 20 minutes. Alternately, remove lid and cover with plate or paper towel; microwave on high until heated through, 3-8 minutes.
- 3) Stir couscous; divide onto individual serving plates. Top couscous with meatballs and drizzle with yogurt sauce.

**Cauliflower meatballs:** Cauliflower, brown rice, quinoa, oat flour, eggs, spices, salt. **Couscous:** Couscous, corn, red onion, kale, feta cheese, garlic, spices, olive oil, salt. **Yogurt sauce:** Yogurt, scallions, mint, lemon juice, salt. *Contains: Milk, egg.*

# PASTURE AND PLENTY MAPLE GRANOLA

**Ingredients:** Oats, pumpkin seeds, sunflower seeds, almonds, oat bran, sunflower oil, maple syrup, honey, cinnamon, ginger, vanilla. *Contains: Nuts.*



# CHEF'S CHOICE

## EARTH DAY, EVERY DAY

Together we've saved 185,000 pieces of waste from the landfill. Help us keep the sustainable cycle going. Please check your fridge, shelves and drawers for pyrex, glass jars, and lids and return them with your next bag.

## 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.