



LARB STYLE TVP LETTUCE WRAPS

with bulgur wheat and cucumber salad

PREP &
COOK TIME

15
MINUTES

IN YOUR BAG

LARB STYLE TVP AND BULGUR WHEAT

BOSTON BIBB LETTUCE

CUCUMBER SALAD

MINT AND CILANTRO

PAIR WITH A PINOT NOIR OR LAGER

PASTURE AND PLENTY

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INSTRUCTIONS

- 1 Stir TVP and bulgur together with up to 1/2 cup water in a shallow pan over medium-high heat. Cook, stirring occasionally, until the water is evaporated and it is heated through.
- 2 While TVP and bulgur are cooking, pick the mint and cilantro leaves from their stems. Chop or leave whole as desired. You'll be sprinkling these on top of your lettuce wraps.
- 3 Remove TVP mix from heat, and season to taste with salt and pepper.
- 4 Place lettuce leaves on serving plates, and divide TVP mix over lettuce leaves.
- 4 Top each wrap with cucumber salad, mint, and cilantro, and fold the lettuce around the filling. Enjoy!

TVP Larb: TVP, garlic, honey, shallots, chile de arbol, sambal, soy sauce, salt & pepper, lime, Thai chilies, lemongrass, ginger, bulgur wheat. **Lettuce wrap:** Boston bibb lettuce. **Cucumber salad:** Cucumber, red onion, rice vinegar, sugar, salt. *Contains: Wheat, 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.



AFRICAN VEGETABLE CURRY

with basmati rice

PAIR WITH CHENIN BLANC OR IPA

IN YOUR BAG

VEGETABLE BOBOTIE

BASMATI RICE

1) Place bobotie into a saucepan over medium heat. Cook, stirring occasionally, until soup is hot and bubbly, about 10-15 minutes.

2) Place rice in a different saucepan with 1/4 cup of water and heat gently until warmed through, stirring occasionally.

Alternately, transfer rice to microwave-safe dish and top with bobotie. 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.

Vegetable bobotie: Carrots, celery, kale, heirloom potatoes, red onion, garlic, curry powder, cumin, coriander, tomatoes, peanut butter, salt, nutmeg. **Basmati rice.** Contains: Nuts.

BROWN BUTTER CHOCOLATE CHIP COOKIE DOUGH

Baking instructions: Preheat the oven to 375 degrees F. Place cookies, spaced 2 inches apart, onto a 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.



SMOTHERED BLACK BEAN AND CHEESE BURRITO

PRODUCER SPOTLIGHT

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

Arndt Farms, Fox Heritage Farms, Winterfell Acres, V & V Supremo.

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.