



BLACK BEAN QUINOA KOREAN BULGOGI BURGER

with kimchi mayo, pickled radish, and asparagus

PREP &
COOK TIME

—
20
MINUTES

IN YOUR BAG

BLACK BEAN BURGER MIX

BRIOCHE BUN

VEGETARIAN KIMCHI MAYO

CABBAGE SLAW

PICKLED RADISH

ASPARAGUS

PAIR WITH A ZINFANDEL OR AMBER ALE

PASTURE AND PLENTY

2433 University Avenue, Madison, WI 53726 | hello@pastureandplenty.com | pastureandplenty.com

INSTRUCTIONS

- 1 Preheat a grill for medium high heat, or heat a splash of oil in a heavy skillet over medium high heat.
- 2 Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner -- it will cook more evenly.
- 3 Preheat oven to 375 degrees F. Place asparagus on a sheetpan, drizzle with olive oil and sprinkle with salt and pepper. Cook in preheated oven for 12-15 minutes.
- 4 Grill burgers on the preheated grill, or fry in skillet, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160 degrees F, about 8-12 minutes, or to desired doneness.*
- 5 Toast bun on grill or warm for a few seconds in microwave. Place burger on bottom bun; top with kimchi mayo, pickled radish, and top bun.
- 6 Serve burger with cabbage slaw.

Ingredients: Veggie/Quinoa burger: Black bean, onion, poblano, garlic, chipotle, mayonnaise, egg, panko, soy sauce, gochujang, garlic, brown sugar, rice wine vinegar, sesame oil. **Vegetarian kimchi mayo:** Mayonnaise, kimchi (cabbage, red bell peppers, water, onion, sea salt, garlic, ginger root, cayenne pepper, mustard seed, chili pepper, lactic acid), sugar, sesame oil, garlic, scallion. **Asparagus.** **Pickled radish:** Daikon radish, bay leaves, peppercorns, garlic, salt, sugar, rice vinegar. **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.



BUFFALO CAULIFLOWER LETTUCE WRAPS

with carrot slaw and house made ranch dressing

PAIR WITH A GEWURZTRAMINER OR IPA

IN YOUR BAG

BUFFALO CAULIFLOWER

LETTUCE

CARROT SLAW

P&P RANCH DRESSING

- 1 Warm cauliflower in a saucepan over medium low heat until hot, 7-10 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave cauliflower on medium high until hot, about 3-5 minutes.
- 2 Divide cauliflower onto lettuce wraps. Top with slaw and ranch dressing, or serve slaw on the side.

Ingredients: Buffalo cauliflower: Cauliflower, buffalo sauce, spices, butter, salt. **Slaw:** Cabbage, celery, carrots, honey, apple cider vinegar, spices, salt. **P&P ranch:** Creme fraiche, buttermilk, mayonnaise, spices, salt. *Contains: Milk, egg.*



SPRING PEA AND MUSHROOM RISOTTO

Ingredients: Arborio rice, shallot, spring pea, mushroom, vegetable stock, parmesan, white wine, olive oil, lemon zest, salt, pepper. *Contains: Milk.*

MONSTER COOKIE DOUGH

Baking instructions: Bring dough to room temperature. Pre-heat oven to 325° and flatten dough into discs. Bake cookies in pre-heated oven for 6-8 min.

Ingredients: Oats, rice krispies, sunflower oil, brown sugar, eggs, sun butter, raisins, chocolate chips, shredded coconut, ground flax, sunflower seeds, pumpkin seeds, baking soda, salt, vanilla. *Contains: Egg, milk.*

BLUE CHIPS AND SALSA

Ingredients: Blue chips: Organic blue corn, organic sunflower oil, salt. Salsa: Tomatoes, red onions, cilantro, salt, lime. *Contains: Egg, nuts, milk.*

PRODUCER SPOTLIGHT

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

Arndt Farms, Bell and Evans, Madison Sourdough, Winterfell Acres, Sartori, Vitruvian 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.

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.