



BLACKENED SWEET POTATO SANDWICH

with bbq sauce, pickles, baked beans, and zucchini

PREP &
COOK TIME

—
30
MINUTES

IN YOUR BAG

BLACKENED SWEET POTATO

BRIOCHE BUN

BAKED BEANS

PICKLES

ZUCCHINI

BBQ SAUCE

PAIR WITH A MALBEC OR STOUT

PASTURE AND PLENTY

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INSTRUCTIONS

- 1 Slice zucchini into rounds; season with salt and pepper. (If you'd prefer to grill zucchini, slice it into slabs and preheat the grill.)
- 2 Reheat sweet potato in a cast iron skillet with a splash of olive oil over medium high heat, turning occasionally, until hot, 4-8 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave sweet potato on medium high, 3-5 minutes.
- 3 Bring baked beans to a simmer in a saucepan over medium low heat with splash of water (and a little BBQ sauce if you like), about 6-12 minutes.
- 4 Heat a skillet with a splash of olive oil over medium high heat; cook zucchini until tender, stirring occasionally, 5-10 minutes. If you've opted to grill zucchini, be sure to oil grill grates.
- 5 Toast bun if desired.
- 6 Build sandwich with sweet potato, pickles, and BBQ sauce. Serve beans, remaining pickles, and zucchini on the side.

Ingredients: **Sweet potato:** Sweet potato, seasonings, salt. **PP pickles:** cucumber, rice vinegar, white wine vinegar, sugar, salt, chile de arbol, bay leaf. **Baked beans:** beans, onion, chile powder, salt, pepper, onion powder, garlic powder, cumin. **BBQ Sauce:** ketchup, water, cider vinegar, white vinegar, brown sugar, chile powder, cumin, kosher salt, pepper. **Zucchini.** **Brioche bun:** Flour, butter, sugar, eggs, milk powder, salt, yeast, water. *Contains: Wheat, 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.



TOMATO POTATO CHOWDER

with side salad

PAIR WITH AN OAKED CHARDONNAY OR AMBER ALE

IN YOUR BAG

TOMATO POTATO CHOWDER

GREENS

CITRUS VINAIGRETTE

1 Warm chowder over medium heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes. Alternately, heat in microwave on Medium High, stirring every minute, about 4 minutes.

2 Toss greens with vinaigrette in a salad bowl.

3 Enjoy!

Ingredients: Tomato potato chowder: Tomatoes, onions, celery, carrots, fennel, potatoes, spices.

Citrus vinaigrette: Lemon, dijon, red wine vinegar, salt, pepper, olive oil. **Greens.**



KALE, ASPARAGUS AND MUSHROOM LASAGNA

Ingredients: Kale, mushrooms, asparagus, onions, vegetable stock, whole milk, lemon, olive oil, pasta sheets, garlic, ricotta, parmesan, herbs, seasonings, mozzarella. *Contains: Milk.*

GRANOLA

Ingredients: Old fashioned oats, pecans, pumpkin seeds, unsweetened coconut, cranberries, flaxseed, almonds, maple syrup, light brown sugar, virgin coconut oil, vanilla extract, kosher salt. *Contains: Nuts*

RHUBARB JAM

Ingredients: Rhubarb, butter, sugar, lemon, salt.

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, Madison Sourdough, Winterfell Acres, Satori, 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.