



SPRING FUSILLI

with roasted cauliflower, capers, and herbed chicken.

PREP &
COOK TIME

—
35
MINUTES

IN YOUR BAG

FUSILLI

CAPER-GARLIC CREAM

SARVECCHIO AND PINE NUTS

CAULIFLOWER

HERBED CHICKEN

PAIR WITH AN UNOAKED CHARDONNAY OR BLONDE ALE

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Preheat oven to 425 degrees F. Toss cauliflower with olive oil and salt and pepper; spread in a single layer onto a baking sheet.
- 2 Roast cauliflower in the preheated oven until golden brown and tender, about 25 minutes.
- 3 Bring a large pot of salted water to a boil over high heat; drop in fusilli and cook until tender with a bite, about 3 minutes. Drain fusilli; set aside to keep warm.
- 4 Heat a small amount of olive oil in a skillet over high heat, and cook chicken, turning occasionally, until no longer pink at the center and internal temperature reads 165 degrees F with an instant-read thermometer. Remove chicken to a plate; keep warm.
- 5 Stir fusilli, cauliflower, and cream together in the same skillet over medium heat; cook until hot, about 2 minutes.
- 6 Divide fusilli mixture onto individual serving plates; top with chicken and sprinkle with sarvecchio and pine nuts.

Ingredients: **Fusilli:** Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt. **Caper-garlic cream:** Cream, capers, garlic, salt, pepper, lemon. **Herbed chicken:** Chicken, herbs, garlic, salt, lemon, red pepper flakes. **Cauliflower. SarVecchio. Pine nuts.**
Contains: Egg, wheat, milk, nuts.

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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.



SHAKSHUKA

with tomatoes, goat cheese, and herbs.

PAIR WITH A PINOT GRIGIO OR AMERICAN IPA

IN YOUR BAG

SHAKSHUKA

PITA BREAD

- 1 Preheat oven to 375 degrees F.
- 2 Heat shakshuka in a saucepan or ovenproof skillet on medium high heat until hot, about 6 minutes. Alternately, heat shakshuka in the microwave on high until hot, about 4 minutes.
- 3 Heat a separate non-stick skillet to medium high and add 1 tsp olive oil. Crack egg into heated skillet and cook until egg whites turn opaque and yolks begin to thicken but are not hard.*
- 4 Warm pita bread in skillet or microwave. Top shakshuka with egg and serve with pita bread.

*consuming raw or undercooked eggs may increase your risk of foodborne illness. Do not consume raw.

Ingredients: Shakshuka: Olive oil, yellow bell pepper, onion, potato, garlic, cumin, turmeric, paprika, cayenne, tomatoes, goat cheese, dill. **Pita bread:** Wheat flour, water, sunflower oil (rosemary extract and vitamin E), yeast, sugar, salt, calcium propionate, natural enzymes, fumaric acid. *Contains: Wheat, egg, milk.*



SWEET CORN POTATO CHOWDER WITH BACON LARDONS

Ingredients: Corn, corn stock, onions, potatoes, bacon, heavy cream, scallions, garlic, serrano chile, spices, salt, pepper. *Contains: Milk.*

ENERGY BITES

Ingredients: Medjool dates, oat flour, sesame seeds, pumpkin seeds, cocoa powder, sunflower oil, maple syrup, vanilla, coconut flakes, salt.

PRODUCER SPOTLIGHT

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

Raleigh Hillside Farm, Winterfell Acres, Riemer Family Farm, Sassy Cow Creamery, RP's Pasta Company, Satori Creamery, Bell and Evans, Alsum Corn, Marr Valley Farm.

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.