



GINGER-LIME CHICKEN

with brown rice and Spring vegetables.

PREP &
COOK TIME

—
30
MINUTES

IN YOUR BAG

GINGER-LIME CHICKEN
BROWN RICE
SESAME-LIME DRESSING
SPRING VEGETABLES

PAIR WITH A PINOT NOIR OR AMBER ALE

INSTRUCTIONS

- 1 First, bring chicken out of the refrigerator; season with salt and black pepper. Preheat oven to 400 degrees F. Spray a baking sheet with baking spray or line with parchment.
- 2 Cut Spring vegetables into bite size pieces, keeping them separate. Place potato on sheetpan; drizzle with olive oil, sprinkle with salt and pepper, and cook in oven until golden brown and tender, about 20 minutes.
- 3 Heat a heavy skillet (cast iron if you have it) over high heat. Swirl a small amount of olive or canola oil in the pan; when the pan is hot enough, the oil will begin to shimmer. Using tongs, place chicken in the hot pan; cook, turning occasionally, until no longer pink in the center, about 15 minutes. Alternately, grill chicken on a preheated grill.
- 4 Using the same skillet, stir fry asparagus and squash until crisp tender, about 3 minutes. Stir in rice with about 1/2 cup water, turn heat down to medium and cook stirring occasionally, just until rice is heated through. About 2 minutes..
- 4 Slice chicken thinly, divide rice and vegetables into individual bowls. Top with chicken. Give the dressing a good shake; drizzle

Ingredients: **Ginger-lime chicken:** Chicken, ginger, lime, seasonings, salt. **Sesame-lime dressing:** Garlic, ginger, scallion, soy sauce, lime juice, rice vinegar, sweet chili sauce, honey, sesame oil, sunflower oil. **Brown rice. Spring vegetables:** Squash, asparagus, heirloom new potatoes. *Contains: 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.



STEAK SANDWICH

WITH ONIONS AND PEPPERS.

PAIR WITH A CABERNET SAUVIGNON OR AMBER ALE

IN YOUR BAG

- STEAK
- ONIONS AND PEPPERS
- MOZARELLA AND PROVOLONE BLEND
- BATCH BUNS
- SUMMER GREENS
- RED WINE VINAIGRETTE

- 1 Heat steak with its juices in a small saucepan over medium heat until heated through, about 5 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave steak on medium-high power until hot, about 1 min.
- 2 Preheat broiler. Build each sandwich: layer steak, onions and peppers, and cheese onto open bun; place on a baking sheet. Toast sandwich under broiler until cheese is melted; 1-2 minutes.
- 3 Toss greens with vinaigrette and serve alongside sandwich.

Ingredients: Steak sandwich: Beef, beef stock, herbs, spices. **Red wine vinaigrette:** Sunflower oil, red wine vinegar, mustard, honey, salt, pepper. **Batch bun:** Flour, water, yeast, salt. **Summer greens:** **Mazzarella. Provolone. Onions, Peppers.** *Contains: Wheat, milk.*



SWEET POTATO DAHL

WITH ROASTED CAULIFLOWER

Ingredients: Sweet Potato Dahl: Yellow split peas, sweet potatoes, spices, coconut flakes, shallots, ginger, coconut milk. **Cauliflower.**

PEANUT BUTTER COOKIE DOUGH

INSTRUCTIONS: Preheat oven to 325 degrees F. Flatten dough into discs. Cook on parchment-lined baking sheet in oven for about 10 minutes; until golden brown.

Ingredients: Peanut butter, oat flour, brown sugar, baking powder, vanilla, salt.

Contains: Nuts.

PRODUCER SPOTLIGHT

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

*Batch Bakehouse, Winterfell Acres, Elderberry Hill Farms
Driftless Organics, Bell and Evans, Arndt Farms,
Vitruvian Farms, Grande Cheese.*

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.