



GINGER-LIME TOFU

with brown rice and Spring vegetables.

PREP &
COOK TIME

—
30
MINUTES

IN YOUR BAG

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

PAIR WITH A PINOT NOIR OR AMBER ALE

INSTRUCTIONS

- 1 Preheat oven to 400 degrees F. Spray a baking sheet with baking spray or line with parchment.
- 2 Cut tofu into cubes. Chop vegetables into small pieces., keeping them separate. Place potato on sheet pan, drizzle with olive oil and sprinkle with salt and pepper. Cook in preheated oven until golden and tender, about 20 minutes.
- 4 Heat a generous splash of olive or canola oil in a skillet or wok over high heat. Once oil is hot, add tofu cubes; cook until golden, stirring occasionally, about 4 minutes. Remove with a slotted spoon to a plate; keep warm.
- 5 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.
- 6 Divide rice and vegetables into individual serving bowls, top with tofu. Give the dressing a good shake, drizzle over bowls.

Ingredients:
Ginger-lime tofu: Tofu, 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 vegetable:** 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.



SEITAN SANDWICH

WITH ONIONS AND PEPPERS.

PAIR WITH A CABERNET SAUVIGNON OR AMBER ALE

IN YOUR BAG

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

- 1 Heat seitan 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 seitan, 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: Seitan sandwich: Seitan, vegetable stock, herbs, spices. **Red wine vinaigrette:** Sunflower oil, red wine vinegar, mustard, honey, salt, pepper. **Batch bun:** Flour, water, yeast, salt. **Summer greens. Mozzarella. 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.