



BEEF FAJITAS

with red rice, peppers and garlic scapes.

PREP &
COOK TIME

—
20
MINUTES

IN YOUR BAG

- BEEF
- RED RICE
- PEPPERS
- GARLIC SCAPES
- SALSA ROJA
- FLOUR TORTILLAS

PAIR WITH AN AMBER ALE OR SYRAH

PASTURE AND PLENTY

INSTRUCTIONS

- 1** Preheat a medium pan to high heat. Add 1 tablespoon oil to the pan. Once oil is hot, place beef in pan. Cook for about 3 minutes on each side*. Remove from pan and set aside; keep warm. While beef is cooking, slice peppers and garlic scapes into bite sized pieces.
- 2** Add 1 tablespoon more oil to the same pan, if necessary, then add the garlic scapes and peppers. Cook and stir for 5-6 minutes, until vegetables are cooked.
- 3** Warm tortillas in pan or in microwave if desired. Top tortillas with meat, garlic scapes, peppers, and salsa. Serve rice alongside fajitas.

*Consuming raw or undercooked burgers may increase your risk of foodborne illness.

Ingredients: **Beef:** Beef, seasonings, oil, salt, pepper. **Red rice:** Rice, tomatoes, seasonings, salt. **Salsa roja:** Tomatoes, red onions, cilantro, salt, lime. **Flour tortillas:** AP flour, salt, soybean oil, baking powder, water. **Peppers. Garlic scapes.** *Contains: Wheat, milk, soy.*

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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.



ROASTED SALMON

and vegetable salad with tarragon dressing.

PAIR WITH A PILSNER OR PINOT GRIS

IN YOUR BAG

BERING BOUNTY ALASKAN KING SALMON
CARROTS AND SNAP PEAS
LOCAL GREENS
SUNFLOWER SEEDS
TARRAGON DRESSING

- 1 Heat large saute pan on medium-high heat. Add a 1-2 tablespoons of vegetable or olive oil to lightly coat the bottom of the pan. Remove salmon from packaging and put in pan, skin side down. Cover pan with lid. Cook for 7 minutes, then season with salt and pepper to taste. Cook for a further 6-7 minutes depending on thickness. Do not flip.
- 2 While salmon is cooking, rinse vegetables and chop into bite sized pieces.
- 3 Once salmon is cooked, toss vegetables and salad greens with dressing, place salmon on top and finish with sunflower seeds.

Ingredients: Salmon. Carrots. Snap peas. Red leaf lettuce. Sunflower seeds. Tarragon dressing:
Sunflower oil, rice wine vinegar, whole grain mustard, garlic, tarragon, salt and pepper.



SPRING PEA AND ASPARAGUS SOUP

WITH MADISON SOURDOUGH CROUTONS

Ingredients: Soup: Peas, asparagus, yukon potatoes, vegetable stock, sherry vinegar, sour cream, salt. **Croutons:** Madison Sourdough bread, oil, garlic, salt, pepper. *Contains: Milk, wheat.*

DARK CHOCOLATE SEA SALT BROWNIES

Ingredients: AP flour, cocoa powder, dark chocolate, sugar, brown sugar, butter, eggs, vanilla, sea salt. *Contains: Wheat, egg, milk.*

RADISHES AND HERB BUTTER

Ingredients: Radishes. Herb butter: Butter, herbs, salt, pepper. *Contains: Milk.*

PRODUCER SPOTLIGHT

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

Riemer Family Farm, Roots Down Community Farm, Elderberry Hill Farms, Raleigh's Hillside Farms, Bering Bounty, Driftless Organics, 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.