



# BEEF BURGER

with spicy mayo, gouda, arugula and zucchini.

PREP &  
COOK TIME

—  
**30**  
MINUTES

IN YOUR BAG

- SEASONED BEEF BURGER MIX
- SPICY MAYO
- WI GOUDA
- ARUGULA
- ZUCCHINI

PAIR WITH A ZINFANDEL OR IPA

## INSTRUCTIONS

- 1 Preheat grill to medium heat. Alternatively, preheat saute pan to medium heat.
- 2 Slice zucchini lengthwise into 1/4 inch thick slabs. Smear both sides with a small amount of olive oil and season with salt and pepper to taste.
- 3 Divide burger mix into individual portions and gently shape into patties. Pinch the center of the patty between your thumb and finger to make slightly thinner - it will cook more evenly this way. Season with salt and pepper.
- 4 Cook burgers for 3 minutes on each side (in saute pan or on grill) Continue cooking, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160 degrees F, or to desired doneness.\* Cook zucchini alongside burgers, turning occasionally, just until tender, about 6 minutes,
- 4 Toast bun, or warm for a few seconds in microwave. Place burgers on buns and dress with spicy mayo and arugula. Serve with grilled zucchini

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

**Ingredients:** **Beef burger:** Beef, spices, salt. **Spicy mayo:** Mayonnaise, sriracha, salt. **Brioche bun:** AP flour, butter, sugar, eggs, milk powder, salt, yeast, water. **Gouda. Arugula. Zucchini.**  
*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.



# WILTED GREENS SOUP

WITH BABY CARROTS, PEARL ONIONS  
IN TOMATO-CHARRED SCALLION BROTH

PAIR WITH A VIOGNIER OR BROWN ALE

## IN YOUR BAG

WILTED GREENS SOUP

**Microwave:** Run warm water on the outside of container; transfer soup to a microwave safe dish with 1/2- 1 cup water. Cover with a plate or paper towel. Microwave on High for 5 - 8 minutes. Reduce heat to 50%. Break up the frozen soup with a fork; continue cooking until heated through, 7 - 10 minutes.

**Stovetop:** Run warm water on the outside of container; transfer soup to a saucepan with 1/2 - 1 cup water. Cover, cook on low. Stir occasionally and use a fork to break up icy sauce, until heated through, 10-20 minutes.

**Ingredients:** Napa Cabbage, kale, carrots, pearl onions, scallions, tomato, vegetable stock, fresno chiles, honey, red wine vinegar, salt, pepper.



# EGG RIGATONI WITH BOLOGNESE SAUCE

**Ingredients: Egg rigatoni:** Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt, glucono-delta-lactone.  
**Bolognese sauce:** Tomatoes, carrots, onions, celery, pork, garlic, chili flakes, heavy cream, wine, thyme, salt, pepper Contains: Wheat, egg, milk.

## ENERGY BITES

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

## BLUE CHIPS AND SALSA ROJA

**Ingredients: Blue chips:** Organic blue corn, organic sunflower oil, salt.  
**Salsa roja:** Tomatoes, red onions, cilantro, salt, lime.

## PRODUCER SPOTLIGHT

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

*Arndt Farms, Enos Farms, Batch Bakehouse,  
Elderberry Hill Farm, Winterfell Acres,  
Roots Down Community Farm, Raleigh's Hillside 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.