



BLACK BEAN BURGER

with red onion jam, gouda, arugula and zucchini.

PREP &
COOK TIME

—
20
MINUTES

IN YOUR BAG

BLACK BEAN BURGER
BRIOCHE BUN
WI GOUDA
SPICY MAYO
RED ONION JAM
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

Ingredients: Black bean hickory nut burger: Black beans, onion, poblano pepper, garlic, adobo chiles, cotija cheese, mayo, egg, panko, spices, hickory nuts, salt, pepper. **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 RED SAUCE

Ingredients: Egg rigatoni: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt, glucono-delta-lactone.
Red sauce: Tomatoes, carrots, onions, celery, 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.