



ZUCCHINI AND SQUASH CORN CAKE

with farro, Summer radish salad and citrus vinaigrette.

PREP &
COOK TIME

—
30
MINUTES

IN YOUR BAG

- ZUCCHINI AND SQUASH CORN CAKE
- FARRO AND RADISH SALAD
- CITRUS VINAIGRETTE

PAIR WITH A VINHO VERDE OR AMBER ALE

INSTRUCTIONS

- 1 Form corn cake mix into patties; season with salt and pepper,
- 2 Heat one teaspoon of olive oil in a skillet on medium high heat. Place patties in a single layer in the pan; sear until lightly browned on both sides and warmed through, about 2-3 minutes per side.
- 3 Divide radish salad onto individual serving plates; place corn cake on top. Drizzle with citrus vinaigrette, and enjoy!

Ingredients: **Zucchini and squash corn cake:** Zucchini, squash, corn, red bell peppers, panko, mayonnaise, mustard, scallions, garlic, salt, pepper, spices. **Farro salad:** Farro, spring red radish, scallions, peas, vegetable stock, kale, feta, seasonings, salt. **Citrus vinaigrette:** Sunflower oil, rice vinegar, citrus zest of lemon, lime and orange juice, water, dijon mustard, honey, salt
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.



BEET POKE

WITH RICE.

PAIR WITH A RIESLING OR IPA

IN YOUR BAG

BEET POKE

RICE

- 1) Stir beet poke to redistribute the juices
- 2) Heat rice in microwave on high until warm, about 30 seconds to 2 minutes.
- 3) Divide white rice onto individual serving plates; top with beet poke.

Ingredients: Beet Poke: Beets, sweet onion, scallions, ginger, jalapeno, soy sauce, sesame oil, sesame seeds, cilantro, togarashi, limes. **Rice:** Rice, vinegar, salt.

Contains: Soy.



AFRICAN VEGETABLE CURRY WITH BASMATI RICE

Ingredients: Butternut squash, carrots, celery, heirloom potatoes, red onion, tomatoes, garlic, curry powder, cumin, coriander, peanut butter, sunflower oil, salt, nutmeg. Rice.

Contains: Nuts

MONSTER COOKIE DOUGH

Instructions: Preheat oven to 325 degrees F. Place thawed dough on greased cookie sheet. Bake for 8-10 minutes, until golden brown.

Add an additional 5-8 minutes if dough is frozen. Cooking times may vary.

Ingredients: Oats, rice krispies, ground flax, sunflower seeds, pumpkin seeds, unsweetened shredded coconut, egg, brown sugar, sunflower seed butter, coconut oil, chocolate chips, baking soda, dried fruit, salt, vanilla.

Contains: Milk, egg.

PRODUCER SPOTLIGHT

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

Alsym Sweet Corn, Arndt Farms, Elderberry Hill Farms, Crossroads Community Farm, Raleigh's Hillside Farm, Roots Down Community Farm, Taproot Farm and Fruit.

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.