



WHITE FISH CAKE

with farro, Summer radish salad and citrus vinaigrette.

PREP &
COOK TIME

—
15
MINUTES

IN YOUR BAG

- WHITE FISH CAKE
- FARRO AND RADISH SALAD
- CITRUS VINAIGRETTE

PAIR WITH A VINHO VERDE OR AMBER ALE

INSTRUCTIONS

- 1 Form fish cake mix into patties; season with salt and pepper,
- 2 Heat one teaspoon of olive oil in a skillet on medium high heat. Place fish patties in a single layer in the pan; sear until lightly browned on both sides and warmed through, about 2-3 minutes per side (fish is already cooked, so you are just bringing it up to temperature)
- 3 Divide radish salad onto individual serving plates; place cake on top. Drizzle with citrus vinaigrette, and enjoy!

Ingredients: **White fish cake:** White fish, zucchini, squash, corn, onions, 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 BEEF CURRY WITH BASMATI RICE

Ingredients: Ground beef, red onion, garlic, curry powder, cumin, coriander, tomatoes, rainbow chard, heirloom potatoes, 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:*

*Alsylm 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.