



ZLT

with scallion aioli and sweet corn.

PREP &
COOK TIME

—
30
MINUTES

IN YOUR BAG

ZUCCHINI
HEIRLOOM TOMATO
LETTUCE
SCALLION AIOLI
SWEET CORN
ROSEMARY SOURDOUGH

PAIR WITH A DRY ROSÉ OR HEFEWEIZEN

INSTRUCTIONS

- 1 Preheat oven to 375 degrees F, or preheat grill for medium high heat. Slice zucchini lengthwise into 1/4-inch-thick slabs; brush with olive oil and season with salt and pepper.
- 2 Roast zucchini on a baking tray, turning once, until tender, about 10 minutes. Or grill until tender and lightly charred, turning once, about 10 minutes.
- 3 Try one of these three ways to cook corn: A. Microwave: Cut stem end off sweet corn, remove some outer husks and trim silk with scissors; microwave on High: 3 minutes for 1 or 2 ears, 4 minutes for 3 or 4 ears. Remove remaining husks when cool enough to handle. B. Boil: Bring a large pot of salted water to a boil; remove all husks and silk from corn. Drop corn into boiling water; cook until kernels are bright and opaque, about 3 minutes. Remove with tongs. C. Grill: Preheat grill for high heat. Remove some husks from corn; trim silk with scissors. Grill corn over direct heat, turning every 5 minutes, until kernels are bright and opaque, about 15-20 minutes. Remove remaining husks when cool enough to handle.
- 4 Slice heirloom tomatoes into 1/4-inch slices; wash and dry lettuce leaves. Toast rosemary sourdough under a preheated broiler for 1-3 minutes, or toast in toaster.
- 5 Place zucchini on one slice of toasted bread, layer on tomato and lettuce; smear other slice with aioli and place on top. Serve corn with plenty of butter and salt.

Ingredients: Scallion aioli: Mayonnaise, scallions, garlic, salt. Zucchini, Heirloom tomato, Lettuce, Sweet corn, Rosemary sourdough: AP flour, water, yeast, rosemary, salt. Contains: Wheat, 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.



SWEET CORN CHOWDER

PAIR WITH A CHARDONNAY OR AMBER ALE

IN YOUR BAG

SWEET CORN CHOWDER

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- 1) Heat saucepan to medium high heat.
 - 2) Pour chowder into saucepan, add 1/2 - 1 cup water. Stir occasionally until warmed through, about 10 minutes.

Ingredients: Corn, corn stock, onions, potatoes, green peppers, heavy cream, scallions, butter, garlic, spices, salt, pepper. Contains: Milk.



RED COCONUT CURRY TOFU WITH BROWN RICE

Ingredients: Tofu, zucchini, summer squash, eggplant, red bell pepper, onion, coconut milk, thai basil, garlic, brown sugar, canola oil, brown rice, lime.

Contains: Soy.

HUMMUS AND BROCCOLI

Hummus ingredients: Chickpeas, tahini, garlic, lemon juice, olive oil, salt.

SEA SALT BROWNIE

Ingredients: AP flour, cocoa powder, dark chocolate, sugar, brown sugar, butter, eggs, vanilla, sea salt.
Contains: Egg, milk, wheat.

PRODUCER SPOTLIGHT

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

*Cold Valley Farm, Alsum Sweet Corn,
Crossroads Community Farm, Driftless Organics, Madison Sourdough, Tipi Produce, Vitruvian Farm.*

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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.