



# GARDEN VEGETABLE COUSCOUS

with lamb meatballs and scallion-mint yogurt sauce.

PREP &  
COOK TIME

—  
**35**  
MINUTES

IN YOUR BAG

- LAMB MEATBALLS
- VEGETABLE COUSCOUS
- SCALLION-MINT YOGURT SAUCE

PAIR WITH A ZINFANDEL OR IPA

## INSTRUCTIONS

- 1 Preheat oven to 375 degrees F. Place meatballs (they are precooked) in a shallow baking dish; cover with foil.
- 2 Reheat in the preheated oven until heated through, about 20 minutes. Alternately, remove lid and cover with plate or paper towel; microwave on High until heated through, 3-8 minutes.
- 3 Stir couscous; divide onto individual serving plates. Top couscous with meatballs and drizzle with yogurt sauce.

**Ingredients:** **Lamb Meatballs:** Lamb, onions, eggs, oat flour, parmesan cheese, spices, salt. **Couscous :** Couscous, sweet bell peppers, radish, turnip, scallions, feta cheese, spices, olive oil, salt. **Yogurt Sauce:** Yogurt, scallions, mint, lemon juice, salt.

Contains: 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.



## PURPLE CAULIFLOWER, SHISHITOS AND CARAMELIZED ONIONS WITH BECHAMEL

PAIR WITH A SAUVIGNON BLANC OR APPLE CIDER

### IN YOUR BAG

PURPLE CAULIFLOWER, SHISHITOS, CARAMELIZED ONIONS  
DINNER ROLL

1) Preheat oven to 425 degrees, place container in oven until cheese is browned and dish is heated through, 10-15 minutes. Cheese will burn easily so keep an eye on it. Place dinner roll in oven for the last minute or two.

**Ingredients:** Purple Cauliflower, shishitos, onions, heavy cream, gruyere, garlic, sunflower oil, butter, salt, pepper. **Dinner roll:** AP flour, milk, water, yeast, sugar, salt.  
Contains: Milk.



## BOLOGNESE WITH LINGUINI

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

## CHOCOLATE CHIP COOKIE DOUGH

Preheat oven to 350 degrees F. Place thawed dough balls on greased or parchment-lined baking sheet.  
Bake in preheated oven for 12-18 minutes.

**Ingredients:** AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.  
Contains: Eggs, wheat, milk. Do not consume raw cookie dough.

## MIXED GREENS AND HOUSE VINAIGRETTE

**Ingredients:** Sunflower oil, garlic, shallot, whole grain mustard, red wine vinegar, salt.

### PRODUCER SPOTLIGHT

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

*Raleigh's Hillside Farm, Winterfell Acres, Riemer Family Farm, Elderberry Hill Farms, Gentle Breeze Honey, Sartori Cheese, Sassy Cow Creamery, RP's Pasta, Enos Farms, Pinn-Oak Ridge, Madison Sourdough.*

**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.