

VEGETARIAN



GARDEN VEGETABLE COUSCOUS

with cauliflower meatballs and scallion-mint yogurt sauce.

PREP &
COOK TIME

—
35
MINUTES

IN YOUR BAG

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

PAIR WITH A ZINFANDEL OR IPA

INSTRUCTIONS

- 1 Preheat oven to 375 degrees F. Place cauliflower balls (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 cauliflower balls and drizzle with yogurt sauce.

Ingredients: **Cauliflower meatballs:** Cauliflower, brown rice, quinoa, oat flour, eggs, 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, CARMELIZED 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.



MUSHROOM RAGU 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). **Mushroom Ragù:** Tomato, mushroom, red bell pepper, carrot, onion, celery, garlic, chili flakes, wine, thyme, salt, pepper. Contains: Wheat, egg.

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.