

VEGETARIAN



# TVP DAN DAN NOODLES

with scallions and roasted peanuts.

PREP &  
COOK TIME

—  
**35**  
MINUTES

IN YOUR BAG

TVP DAN DAN SAUCE  
NOODLES  
SCALLIONS  
ROASTED PEANUTS

PAIR WITH AN AMBER ALE OR RIESLING

## INSTRUCTIONS

- 1 Drop noodles into bowl of cold water. In the meantime, reheat dan dan sauce on medium-low heat with 1/2 cup of water.
- 2 Once noodles have separated, bring saute pan to medium-high heat and add one tablespoon of olive oil. Once it is heated, add the drained noodles.
- 3 Place noodle and sauce mixture on plate, top with remaining sauce, sliced scallions, and roasted peanuts.

**Ingredients:** **TVP dan dan sauce:** TVP, pickled mustard greens, onion, chili oil, chinkiang vinegar, soy sauce, sugar, garlic. **Noodles:** Wheat flour, water, pasteurized whole eggs, salt, FD&C yellow #5 and #6, sodium benzoate, potassium carbonate. **Roasted peanuts.** **Scallions.**  
**Contains:** Egg, wheat, soy, nuts.

## 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.



## SEITAN SANDWICH WITH PEPPERS AND ONIONS

PAIR WITH A CABERNET SAUVIGNON OR AMBER ALE

### IN YOUR BAG

SEITAN  
ONIONS AND PEPPERS  
MOZZARELLA AND PROVOLONE BLEND  
MADISON SOURDOUGH BRIOCHE BUNS

1) Heat seitan with its juices in a small saucepan over medium heat until heated through, about 5 minutes. Alternatively, remove lid, cover with plate or paper towel and microwave on medium-high power until hot, about 1 minute.

2) Preheat broiler. Build sandwich: layer seitan, onions and peppers, and cheese onto open bun. Place on baking sheet.

3) Toast under preheated broiler until cheese is melted, about 1-2 minutes.

4) Toss salad greens with vinaigrette and serve alongside sandwich.

**Ingredients: Seitan:** Seitan, vegetable stock, herbs, spices. **Red wine vinaigrette:** Sunflower oil, red wine vinegar, mustard, honey, salt, pepper. **Brioche bun:** AP flour, water, milk, yeast, salt. **Onion, Pepper, Mozzarella and provolone blend, Summer greens.**  
Contains: Milk, wheat.



## WILD RICE SOUP WITH LATE SUMMER VEGETABLES

**Ingredients:** Wild rice, celery, carrot, onion, bay leaf, garlic, spices, vegetable stock.  
Contains: Wheat.

## MONSTER 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:** 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: Eggs, milk. Do not consume raw cookie dough.

## APPLE SAUCE

**Ingredients:** Apples, butter, sugar, spices, salt.  
Contains: Milk.

## PRODUCER SPOTLIGHT

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

*Arndt Farms, Driftless Organics, Raleigh's Hillside Farm,  
Elderberry Hill Farm, Winterfell Acres, Vitruvian Farms,  
Batch Bakehouse, Gentle Breeze Honey, Crossroads  
Community Farms, Door Creek Orchard.*

**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.