



HERB MARINATED PORK LOIN

with quinoa salad, Brussels sprouts, and apple chutney.

PREP &
COOK TIME

—
35
MINUTES

IN YOUR BAG

- HERBED PORK LOIN
- QUINOA SALAD
- BRUSSELS SPROUTS
- APPLE CHUTNEY

PAIR WITH AN GRENACHE-BASED RED WINE OR STOUT

INSTRUCTIONS

- 1 Preheat oven to 400 degrees F. Rinse Brussels sprouts; remove any wilted outer leaves, and trim stem ends. Toss sprouts with olive oil, season with salt and pepper, and place on a baking sheet..
- 2 Roast sprouts in the preheated oven until tender when pierced with a fork, about 10 minutes.
- 3 Meanwhile, season pork loin with salt and ground black pepper on both sides.
- 4 Heat a skillet over medium high heat; swirl in a small amount of olive oil. Place pork loin in a single layer in skillet, and cook until browned on one side, about 3 minutes. Turn, cook until browned on the other side; continue cooking until juices run clear and internal temperature reads 145 degrees F when measured with an instant read thermometer, about 6 minutes more.
- 5 Place pork loin on individual serving plates, top with apple chutney, and serve with roasted sprouts and quinoa salad.

Ingredients: Quinoa Salad: Carrots, celery, scallions, purple kale, quinoa, olive oil, vinegar, seasonings. **Apple Chutney:** Local apples, yellow onion, ginger, orange juice, apple cider vinegar, brown sugar, dried mustard, red pepper flakes, salt, raisins. **Brussels sprouts. Pork loin:** Pork, olive oil, seasonings.



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.



THAI CHICKEN COCONUT CURRY WITH BROWN RICE

PAIR WITH A RIESLING OR IPA

IN YOUR BAG

THAI CHICKEN COCONUT CURRY
BROWN RICE

1) Reheat curry in a saucepan over medium heat, stirring often, until hot, about 7 minutes. Alternately, remove lid, cover container with a paper plate, and heat in microwave on High until hot, 3-5 minutes.

2) Place a tablespoon or two of water with brown rice in a saucepan over medium heat; cook, stirring occasionally, until hot, about 7 minutes. Alternately, remove lid, add a small amount of water, cover container with a paper plate, and heat in microwave on High until hot, 3-5 minutes.

Ingredients: Chicken Curry: Chicken, curry paste, carrots, onions, bell peppers, butternut squash, rainbow chard, potatoes, coconut milk, tomatoes, seasonings. **Brown rice.**



ROASTED VEGETABLE LASAGNA

Ingredients: Tomatoes, celery, onions, eggplant, broccoli, zucchini, carrots, cauliflower, kale, RP's pasta (Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt, glucono-delta-lactone (natural acidifier found in wine and honey)), ricotta, mozzarella, parmesan, herbs, spices.

Contains:Wheat, egg, milk.

APPLE CRISP

Already cooked, but will be extra delicious if you warm it back up in the oven.

Remove cover, and bake at 375 degrees F for about 10 minutes.

Ingredients: Apples, sugar, flour, old fashioned oats, butter, cinnamon, lemon, water, salt.
Contains: Milk.

ACORN SQUASH OR PUMPKIN

Enjoy as part of a meal, or use to decorate your home.

We like to slice them in half and take out the seeds, roast at 375 degrees F with your favorite spices and a couple tablespoons of butter for about 30-45 minutes.

PRODUCER SPOTLIGHT

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

Sassy Cow Creamery, Raleigh's Hillside Farm, Elderberry Hill Farms, RP's Pasta, Riemer Family Farm, Tipi Produce, Winterfell Acres, Sartori Cheese.

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.