



# SPICED SWEET POTATO

with quinoa salad, Brussels sprouts, and apple chutney.

PREP &  
COOK TIME

—  
**35**  
MINUTES

IN YOUR BAG

- SPICED SWEET POTATO
- 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 Toss sweet potato with olive oil and place on a baking sheet. Roast in preheated oven until tender when pierced with a fork, about 15 minutes.
- 4 Place sweet potato 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. Sweet Potato.**

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### 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 VEGETABLE COCONUT CURRY WITH BROWN RICE

PAIR WITH A RIESLING OR IPA

### IN YOUR BAG

THAI VEGETABLE 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: Vegetable curry:** Curry paste, delicata Squash, rainbow chard, carrots, onions, bell peppers, butternut squash, 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.