THE COOK KIT

1

LESS WORK, MORE PICNIC

VEGGIE BURGER

with red cabbage slaw, remoulade, and quinoa salad.

PREP & COOK TIME

25 MINUTES

IN YOUR BAG

VEGGIE BURGER

RED CABBAGE SLAW

REMOULADE

QUINOA SALAD

BRIOCHE BUN

PAIR WITH AN UNOAKED CHARDONNAY OR IPA

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VEGETARIAN

INSTRUCTIONS

1 Heat a skillet over medium heat for a minute or two, then swirl in about 1 tablespoon of olive oil.

2 Place burger in skillet; cook until browned on one side, about 4 minutes. Turn burger over; cook until internal temperature reaches 145 degrees F, about 3 minutes more.

3 Meanwhile, toast brioche bun in a toaster or under the broiler until lightly browned. Place burger on bottom bun, followed by slaw, remoulade, and top bun.

4 Serve with quinoa salad and remaining slaw and remoulade.

Ingredients: Veggie burger: Tofu, black beans, quinoa, flaxseed meal, sunflower butter, mayo, garlic, cayenne pepper, mint, oregano, parsley, cornstarch, salt, pepper. **Red cabbage slaw:** Red cabbage, apple cider vinegar, salt, honey, pepper. **Quinoa salad:** Quinoa, thumbelina carrot, onion, celery, Dijion mustard, olive oil, red wine vinegar, salt and pepper. **Brioche bun:** AP flour, butter, milk, egg, sugar, yeast, water. **Remoulade**: Mayo, capers, cornichons, parsley, lemon juice, Dijon mustard, horseradish, black pepper.

Contains: Wheat, milk, egg, soy..

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.

READY-TO-EAT 2 LESS WORK, MORE PICNIC

GARDEN VEGETABLE COUSCOUS

with cauliflower meatballs and scallion-mint yogurt sauce

PAIR WITH A ZINFANDEL OR IPA

IN YOUR BAG

CAULIFLOWER MEATBALLS

GARDEN VEGETABLE COUSCOUS

SCALLION-MINT YOGURT SAUCE

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; drizzle with yogurt sauce.

Ingredients: Cauliflower meatballs: Cauliflower, brown rice, quinoa, oat flour, eggs, spices, salt.
Couscous : Couscous, cucumbers, cherry tomatoes, scallions, feta cheese, spices, olive oil, salt.
Yogurt sauce: Yogurt, scallions, mint, lemon juice, salt.
Contains: Milk, wheat, egg.

FARM-TO-FREEZER 3 LESS WORK, MORE PICNIC

VEGETABLE POT PIE

Ingredients: Onions, carrots, celery, corn, peas, seasonings, cream, butter, flour, vegetable stock, salt.

Contains: Wheat., milk.

SNICKERDOODLE COOKIE DOUGH

Preheat oven to 350 degrees F.
Bake thawed cookies on parchment-lined baking sheet for 8-10 minutes.

Ingredients: ap flour, butter, sugar, eggs, cinnamon, baking powder, salt.. Contains: Milk, wheat, egg.

HEIRLOOM GREEN BEANS

PRODUCER SPOTLIGHT

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

Bering Bounty, Winterfell Acres, Elderberry Hill Farms, Madison Sourdough, Pinn-Oak Ridge Farm, Raleigh's Hillside Farm, Odyssey Cheese, Bell and Evans.

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.