



VEGETARIAN

# BROWN RICE BOWL

with marinated tofu and Fall vegetables.

PREP &  
COOK TIME

—  
**35**  
MINUTES

IN YOUR BAG

- MARINATED TOFU
- BROWN RICE
- SESAME-LIME DRESSING
- FALL VEGETABLES

PAIR WITH A PINOT NOIR OR AMBER ALE

## INSTRUCTIONS

- 1 Preheat oven to 400 degrees F. Spray a baking sheet with baking spray or line with parchment.
- 2 Cut tofu into cubes. Chop bell pepper, bok choy, and carrots into bite size piece, keeping them separate; slice scallions.
- 5 Heat a generous splash of olive or canola oil in a skillet or wok over high heat, and stir fry tofu until golden. Remove with a slotted spoon to a plate; keep warm.
- 6 Stir fry carrots in the same skillet for a minute or two. Stir in bok choy and bell pepper, and cook until vegetables are crisp tender, about 3 minutes. Stir in rice with about 1/2 cup water, turn heat down to medium, and cook, stirring, just until rice is heated through, about 2 minutes.
- 7 Divide rice and vegetables into individual serving bowls; top with tofu. Give the dressing a good shake, drizzle over bowls, and sprinkle scallions over top.

**Ingredients: Tofu marinade:** Tofu, garlic, ginger, scallion, soy sauce, lime juice, rice vinegar, sweet chili sauce, honey, sesame oil, canola oil. **Sesame-Lime dressing:** garlic, ginger, scallion, soy sauce, lime juice, rice vinegar, sweet chili sauce, honey, sesame oil, canola oil. **Fall Vegetables:** Scallion, carrots, baby bok choy, bell pepper. **Brown Rice.**

Contains: 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.



# BLACKENED SWEET POTATO SANDWICH

with pepper jam and sour cream, and spinach.

PAIR WITH A PINOT GRIS OR LAGER

## IN YOUR BAG

BLACKENED SWEET POTATO  
BRIOCHE BUN  
PEPPER JAM  
CILANTRO-LIME SOUR CREAM  
SPINACH

1) Preheat oven to 350 degrees F.

2) Place potato on a baking sheet, and bake until hot, about 10 minutes. Or, heat potato in microwave on High until hot, 2-3 minutes.

3) Toast bun in toaster or oven. Build sandwich with sweet potatoes, spinach, pepper jam, and sour cream.

4) Heat a pan with a small amount of olive oil. Add remaining spinach and cook and stir until wilted. Alternatively, make a small salad with the spinach and top with your favorite dressing.

**Ingredients:** **Sweet potatoes:** Olive oil, cumin, chile de arbol, salt and pepper. **Cilantro-Lime sour cream:** Sour Cream, cilantro and lime. **Red pepper jam:** red peppers, honey, water, spices. **Brioche bun:** AP flour, milk, egg, butter, water, sugar, salt, yeast. **Spinach.**

Contains: Milk, wheat, egg.



# WHITE BEAN BUTTERNUT SQUASH CHILI

**Ingredients:** Butternut squash, onions, cannellini bean, gigante white bean, poblano chiles, bell peppers, chicken stock, jalapeno, seasonings.

## APPLE PEAR CRISP

Reheat in 350 degree F oven for about 10 minutes, until topping is crisp.

**Ingredients:** Apples, pears, butter, maple syrup, lemon juice, lemon zest, cinnamon, salt.  
Topping: AP flour, rolled oats, butter, brown sugar, cinnamon, salt.

Contains: Wheat, milk.

PSST...Did you see you now have the option to swap meals?  
Look out for an email every Saturday with the new menu.  
Not getting emails from us?  
Be sure to add [hello@pastureandplenty.com](mailto:hello@pastureandplenty.com) as a contact so they don't get lost in your Spam folder.

## PRODUCER SPOTLIGHT

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

*Arndt Farms, Crossroads Community Farm, Driftless Organics, Elderberry Hill Farm, Madison Sourdough Co, Raleigh's Hillside Farm, Vitruvian Farms, Winterfell Acres.*

**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.