



BLACK BEAN QUINOA MUENSTER BURGER

with onion jam and animal sauce, baby kale and dijon vinaigrette.

PREP &
COOK TIME

—
25
MINUTES

IN YOUR BAG

BLACK BEAN QUINOA BURGER
ONION JAM
ANIMAL SAUCE
MADISON SOURDOUGH BRIOCHE BUN
BABY KALE
DIJON VINAIGRETTE

PAIR WITH A ZINFANDEL OR AMBER ALE

INSTRUCTIONS

- 1 Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner -- it will cook more evenly.
- 2 Heat a small amount of olive oil or butter in a skillet over medium high heat; place burgers in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160 degrees F.*
- 3 Toast bun or warm for a few seconds in microwave. Spread onion jam on bottom bun, top with burger, a few leaves of kale, animal sauce, and top bun.
- 4 Toss remaining kale with vinagrette and serve alongside burger.

*Consuming raw or undercooked egg may increase your chance of foodbourne illness.

Ingredients: Veggie Black Bean muenster burger: Black bean, onion, poblano pepper, garlic, chipotle, walnuts nut, muenster, mayo, egg, panko. **Onion jam:** Red onions, red wine, brown sugar, thyme, balsamic vinegar, salt, pepper. **Brioche bun:** AP flour, butter, egg, milk, water, sugar, salt, yeast. **Baby kale. Dijon vinaigrette:** Sunflower oil, dijon mustard, white wine vinegar, salt.

Contains: Milk, egg, wheat, 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.



CURRY CAULIFLOWER SOUP

with spiced pepitas and garlic naan.

PAIR WITH A RIESLING OR IPA

IN YOUR BAG

CURRY CAULIFLOWER SOUP
SPICED PEPITAS
GARLIC NAAN

- 1) Preheat oven to 350 degrees F. Wrap naan in foil.
- 2) Bake naan in preheated oven until heated through, about 6 minutes.
- 3) Meanwhile, warm soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes. Alternately, heat in microwave on Medium High, stirring every minute, about 4 minutes.
- 4) Pour soup into individual bowls; sprinkle with pepitas, and serve with naan.

Ingredients: Curry cauliflower soup: Cauliflower, onions, garlic, carrots, celery, lemon grass, red chili paste, vegetable stock, coconut milk, ginger, lime juice, spices. **Spiced pepitas:** Pepitas, spices, salt. **Garlic naan:** AP flour, water, yeast, garlic, salt.

Contains: Wheat.



VEGETABLE FRIED RICE

Ingredients: Rice, onion, carrot, corn, peas, broccoli, edamame, red bell pepper, egg, soy sauce, sambal, ginger, garlic, scallions.

Contains: Soy, egg.

ORANGE GINGER BROWNIE COOKIES

Ingredients: Ginger, sugar, orange zest, butter, chocolate, eggs, vanilla, salt, flour, powdered sugar.

Contains: Wheat, milk, egg.

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 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, Raleigh's Hillside Farm,
Madison Sourdough Co., Winterfell Acres,
Vitruvian Farms, Riemer Farmily Farm,
Valley View Farms, Nueske's.*

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.