



WHITE FISH CAKE

with farro, radish salad and citrus vinaigrette

PREP &
COOK TIME

—
15
MINUTES

IN YOUR BAG

- WHITE FISH CAKE
- FARRO AND RADISH SALAD
- CITRUS VINAIGRETTE

PAIR WITH A VINHO VERDE OR AMBER ALE

INSTRUCTIONS

- 1 Form fish cakes into patties; season with salt and pepper.
- 2 Heat a teaspoon of olive oil in a skillet on medium high heat. Place fish cakes in a single layer in the pan; sear until lightly browned on both sides and warmed through, about 2-3 minutes per side (fish is already cooked, so you are just bringing it up to temperature).
- 3 Divide radish salad onto individual serving plates; place cake on top. Drizzle with citrus vinaigrette, and enjoy!

Ingredients: White fish cake: White fish, zucchini, squash, corn, red bell peppers, panko, mayonnaise, mustard, scallions, garlic, salt, pepper, spices. **Farro salad:** Farro, red radish, scallion, turnip, vegetable stock, kale, feta, seasonings, salt. **Citrus vinaigrette:** Sunflower oil, rice vinegar, citrus zest of lemon, lime and orange juice, water, dijon mustard, honey, salt

Contains: Wheat, milk, egg.

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.



WHITE BEAN CHICKEN CHILI

PAIR WITH A CHENIN BLANC OR AMBER ALE

IN YOUR BAG

- WHITE BEAN CHICKEN CHILI
- PEPPER JACK CHEESE
- SCALLIONS

1) Heat chili in microwave on High, stirring every minute or so, until hot, about 3 minutes. Or, reheat in saucepan over medium-high heat, stirring occasionally, until bubbly and heated through, about 5 minutes.

2) Wash scallions, and slice into bite sized pieces.

3) Divide into individual bowls. Sprinkle with pepper jack cheese and scallions.

Ingredients: Chicken chili: Chicken, onion, sweet potato, corn, cannellini bean, poblano chilies, bell peppers, jalapeño, garlic, canola oil, chicken stock, seasonings. **Scallions. Pepper jack cheese.**
Contains: Milk.



SQUASH AND CARAMELIZED ONION TART FROM TART BAKED GOODS

Ingredients: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin (vitamin B3), reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), hard white whole wheat flour, butter (pasturized cream, natural flavoring), kosher salt, black pepper, organic butternut squash, onions, Carr valley fontina cheese (pasteurized cow milk, salt, enzymes, and calcium chloride),olive oil, cayenne, sage.
Contains: Wheat, milk.

BANANA BREAD MUFFINS

Ingredients: Bananas, ap flour, sugar, butter, eggs, baking soda, vanilla.
Contains: Egg, wheat, milk.

GREENS AND HOUSE VINAIGRETTE

We think these would go great with the tart, but you can eat them any time.

Ingredients: Greens. Vinaigrette: Sunflower oil, garlic, shallot, whole grain mustard, red wine vinegar, salt.

PRODUCER SPOTLIGHT

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

Elderberry Hill Farms, Gentle Breeze Honey, Raleigh's Hillside Farm, 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.