



ROASTED SALMON

and vegetable salad with tarragon dressing.

PREP &
COOK TIME

—
25
MINUTES

IN YOUR BAG

- SALMON
- LOCAL VEGETABLES
- LOCAL GREENS
- TARRAGON DRESSING
- SUNFLOWER SEEDS

PAIR WITH A PILSNER OR PINOT GRIS

INSTRUCTIONS

- 1 Preheat oven to 400 degrees F.
- 2 Season frozen salmon with salt and pepper. Place frozen salmon skin side down on a greased baking sheet. Roast salmon in preheated oven for 10 minutes.
- 3 Turn oven down to 325 degrees F. Roast for another 8-15 minutes, until the thinnest part of the salmon starts to crack slightly - flesh should flake away gently and be slightly translucent at the skin at the thickest point.
- 4 While salmon is cooking, wash vegetables, and slice into bite sized pieces.
- 5 Once salmon is cooked, toss vegetables and greens in tarragon dressing.
- 6 Place salmon on top of greens and vegetables. Sprinkle sunflower seeds on top.

Ingredients: Salmon. Local vegetables. Local greens. Tarragon vinaigrette Sunflower oil, rice wine vinegar, whole grain mustard, garlic, tarragon, salt and pepper. **Sunflower seeds.**

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.



SHAKSHUKA

PAIR WITH A PINOT GRIGIO OR AMERICAN IPA

IN YOUR BAG

SHAKSHUKA

GARLIC PITA BREAD

** IF DESIRED, YOU WILL NEED ONE EGG PER SERVING

FROM YOUR KITCHEN

- 1) Preheat oven to 375 degrees F.
- 2) Heat shakshuka in a saucepan or ovenproof skillet until hot, about 6 minutes. Alternately, heat shakshuka in the microwave on High until hot, about 4 minutes.
- 3) Spread shakshuka into a shallow baking dish (or simply leave it in the ovenproof skillet). Using the back of a large spoon, make a well for each egg in the shakshuka; crack one egg into each well.
- 4) Bake in the preheated oven until egg whites turn opaque white, and yolks begin to thicken but are not hard, 7 to 10 minutes, If you prefer yolks hard, cook for a few minutes more.
- 5) Pop the pita bread into the oven for the last couple of minutes to warm.
- 6) Remove Shakshuka from oven and serve with pita bread.

Ingredients: Shakshuka: Olive oil, yellow bell pepper, onion, potato, garlic, cumin, turmeric, paprika, cayenne, tomatoes, goat cheese, dill. **Garlic Pita:** flour, water, yeast, garlic, salt. **Egg:**

Contains: Milk, wheat, egg.



CHICKEN POT PIE

Ingredients: Chicken, onions, carrots, celery, peas, seasonings, butter, flour, chicken stock, herbs, salt.

Contains: Wheat, milk.

CHAI SPICED SNICKERDOODLE COOKIE DOUGH

Ingredients: AP flour, butter, sugar, egg, vanilla, baking soda, cream of tartar, salt, cinnamon, ginger, cardamom, allspice.

Contains: Egg, wheat, milk.

NEED A WEEK OFF? NO PROBLEM!

We just need to know at least one week ahead of time so that we can plan our meal production accordingly.
Last minute change? Share your meal kit with a friend for the week!

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, Enos Farms, Gentle Breeze Honey, Bering Bounty, Crossroads Community 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.