



ROASTED CAULIFLOWER STEAK

and vegetable salad with tarragon dressing.

PREP &
COOK TIME

—
25
MINUTES

IN YOUR BAG

CAULIFLOWER STEAK
LOCAL VEGETABLES
LOCAL GREENS
TARRAGON DRESSING
SUNFLOWER SEEDS

PAIR WITH A PILSNER OR PINOT GRIS

INSTRUCTIONS

- 1 Preheat oven to 450 degrees F.
- 2 Place cauliflower on a baking sheet. Toss with olive oil, season with salt and pepper. Bake in preheated oven until golden and tender, about 10 minutes.
- 3 While cauliflower is cooking, wash vegetables and cut into bite sized pieces.
- 4 Once cauliflower is cooked, toss vegetables and greens in tarragon dressing.
- 5 Place cauliflower on top of greens and vegetables. Sprinkle sunflower seeds on top.

Ingredients: Cauliflower. 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.

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.



VEGETABLE POT PIE

Ingredients: Onions, carrots, celery, peas, seasonings, butter, flour, vegetable 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.