



RP'S FUSILLI WITH HERBED CHICKEN

with roasted cauliflower and garlic-caper cream sauce.

PREP &
COOK TIME

—
35
MINUTES

IN YOUR BAG

- RP'S FUSILLI
- CAPER-GARLIC CREAM SAUCE
- SARVECCHIO AND PINE NUTS
- CAULIFLOWER
- HERBED CHICKEN

PAIR WITH AN UNOAKED CHARDONNAY OR BLONDE ALE

INSTRUCTIONS

- 1) Preheat oven to 425 degrees F. Toss cauliflower with olive oil and salt and pepper; spread in a single layer onto a baking sheet.
- Roast cauliflower in the preheated oven until golden brown and tender, about 25 minutes.
- Bring a large pot of salted water to a boil over high heat; drop in fusilli and cook until tender with a bite, about 3 minutes. Drain fusilli; set aside to keep warm.
- Heat a tablespoon of olive oil in a skillet over high heat. Season chicken with salt and pepper. Cook chicken, turning occasionally, until no longer pink at the center and internal temperature reads 165 degrees F with an instant-read thermometer. Remove chicken to a plate; keep warm.
- Stir fusilli, cauliflower, and garlic-caper cream sauce together in the same skillet over medium heat; cook until hot, about 2 minutes.
- Divide fusilli mixture onto individual serving plates; top with chicken and sprinkle with sarvecchio and pine nuts.

Ingredients: Fusilli: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt. **Caper-Garlic Cream:** Cream, capers, garlic, salt, pepper, lemon. **Herbed Chicken:** Chicken, herbs, garlic, salt, lemon, red pepper flakes. **Cauliflower. Pine Nuts. SarVecchio.**
Contains: Wheat, milk, egg, 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.



CREAMY CURRY CARROT SOUP

PAIR WITH AN ROSÉ OR LAGER

IN YOUR BAG

CREAMY CURRY CARROT SOUP

LATE SEASON MIXED GREENS

HERB VINAIGRETTE

SPICED SESAME SEEDS

1) Heat carrot soup in a saucepan over medium low heat until hot, about 7 minutes. Alternately, heat in microwave on High, stirring every minute or so, until hot, about 3 minutes.

2) Divide soup into individual bowls, and sprinkle with sesame seeds. Toss greens with vinaigrette; serve alongside soup.

Ingredients: Soup: Carrots, onions, ginger, vegetable stock, coconut milk, spices. Spiced sesame seeds: Sesame seeds, olive oil, spices. **Herb vinaigrette:** Dijon mustard, garlic, honey, sunflower oil, white wine vinegar, herbs. **Mixed greens.**



AFRICAN BEEF CURRY

ingredients: Ground beef, red onion, garlic, curry powder, cumin, coriander, tomatoes, rainbow chard, heirloom potatoes, sunflower oil, peanut butter, salt, nutmeg.

Contains: Nuts.

SUNFLOWER COOKIES

Bring dough to room temperature and flatten into discs.

Preheat oven to 350 degrees F. Place on baking sheet and bake until just firm, about 8-10 minutes.

Ingredients: Sunbutter, honey, salt, cornmeal.

PRODUCER SPOTLIGHT

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

*Elderberry Hill Farm, Sassy Cow Creamery,
Sartori Cheese, Vitruvian Farms, Arndt Farms,
Reimer Family Farm.*

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.