



GARDEN VEGETABLE COUSCOUS WITH CAULIFLOWER "MEATBALLS" AND SCALLION-MINT YOGURT SAUCE

PREP &
COOK TIME

—
35
MINUTES

IN YOUR BAG

CAULIFLOWER MEATBALLS
GARDEN VEGETABLE COUSCOUS
SCALLION-MINT YOGURT SAUCE

PAIR WITH A ZINFANDEL OR IPA

VEGETARIAN

INSTRUCTIONS

- 1 Preheat oven to 375 degrees F. Place cauliflower "meatballs" (they are precooked) in a shallow baking dish; cover with foil.
- 2 Reheat in the preheated oven until heated through, about 20 minutes. Alternately, remove lid and cover with plate or paper towel; microwave on High until heated through, 3-8 minutes.
- 3 Stir couscous; divide onto individual serving plates. Top couscous with cauliflower "meatballs" and drizzle with yogurt sauce.

Ingredients: Cauliflower meatballs: Cauliflower, brown rice, quinoa, panko, eggs, spices, salt.
Couscous : Couscous, squash, mini sweet bell peppers, scallions, feta cheese, spices, olive oil, salt.
Yogurt sauce: Yogurt, scallions, mint, lemon juice, salt.

Contains: Wheat, milk, egg.

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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.



BEET POKE WITH STEAMED RICE

PAIR WITH A RIESLING OR IPA

IN YOUR BAG

BEET POKE

STEAMED RICE

1) Stir beet poke to redistribute the juices.

2) Heat white rice in microwave on High until warm, about 30 seconds to 2 minutes. Divide white rice onto individual serving plates; top with beet poke.

Ingredients: Beet poke: Beets, sweet onion, scallions, ginger, jalapeno, soy sauce, sesame oil, sesame seeds, cilantro, togarashi, limes. **Steamed rice:** Rice, vinegar, salt.

Contains: Soy.



RED JAMBALAYA WITH BUTTERNUT SQUASH

Ingredients: Tomatoes, butternut squash, vegetable stock, yellow onion, green bell peppers, celery, garlic, tomato paste, hot sauce, herbs, seasonings, long-grain rice, scallions.

MIXED BERRY COBLER

Preheat oven to 350 degrees F. Bake until warmed through and crisp, 10-15 minutes.

Ingredients: Strawberries, blueberries, blackberries, raspberries, brown sugar, butter, all-purpose flour, baking powder, vanilla extract, salt.

Contains: Wheat, milk.

ASSORTED ROOT VEGETABLES

may include: turnips, purple top turnips, carrots, watermelon radish

Chef's suggested preparation: Preheat oven to 425 degrees F. Wash and peel vegetables. Slice into bite sized pieces. Place on baking sheet and toss with 1 tablespoon olive oil and salt and pepper. Bake until tender, about 12-15 minutes.

PRODUCER SPOTLIGHT

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

Pinn-Oak Ridge Farm, Elderberry Hill Farm, Raleigh's Hillside Farm, Marr's Valley View Farm, Riemer Family Farm, Enos Farms, Driftless Organics.

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.