



BRAISED SEITAN AND MUSHROOM SANDWICH

PREP &
COOK TIME

—
35
MINUTES

IN YOUR BAG

BRAISED SEITAN AND MUSHROOMS

ARUGULA

MUENSTER CHEESE

CIABATTA BUN

HORSERADISH MUSTARD AIOLI

SEASONAL ROOT VEGETABLES

PAIR WITH A ZINFANDEL OR IPA

INSTRUCTIONS

- 1 Heat seitan and mushrooms with their juices in a small saucepan over medium heat until heated through, about 5 minutes. Alternatively, remove lid, cover with a plate or paper towel, and microwave on medium-high power until hot, about 1 min.
- 2 Preheat oven to 425 degrees F. Toss root vegetables with 1 tablespoon olive oil, salt, and pepper. Place on baking sheet and roast until tender, 12-15 minutes.
- 3 Build each sandwich: layer mustard horseradish sauce, seitan and mushroom, and cheese onto open bun; place on a baking sheet. Place in oven until cheese is melted, 1-2 minutes. Top with arugula.
- 4 Serve roasted vegetables alongside sandwich.

Ingredients: Braised seitan and mushrooms: Seitan, mushrooms, vegetable stock herbs, spices.
Horseradish mustard aioli: Whole grain mustard, horseradish root, sour cream, salt, pepper, lemon.
Batch bun: Flour, water, yeast, salt. **Arugula. Muenster cheese. Assorted root vegetables.**

Contains: Wheat, milk.

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.



WILD RICE SOUP WITH VEGETABLES

PAIR WITH A RIESLING OR IPA

IN YOUR BAG

WILD RICE SOUP WITH VEGETABLES

MICHE BREAD

HERB BUTTER

1) Warm soup over medium heat in a saucepan, stirring occasionally, until hot, about 7 minutes. Alternately, heat in microwave on Medium High, stirring every minute, about 4 minutes.

2) Serve soup alongside bread and butter.

Ingredients: Wild rice soup: Wild rice, celery, carrots, onions, kale, bay leaf, flour, vegetable stock, cream. **Miche bread:** Flour, water, yeast, salt. **Herb butter:** Butter, herbs, salt.
Contains: Wheat, milk.



CHANA MASALA WITH NAAN

ingredients: Channa masala: garlic, ginger, thai chilies, lemon, seasonings, onion, tomatoes, chickpeas, cilantro. **Garlic naan:** AP flour, water, yeast, garlic, cilantro.
Contains: Wheat.

COCONUT MACARON DOUGH

thaw dough. bake at 325 degrees F for 10 minutes, rotate baking sheet, cook for an additional 10-15 minutes. let cool completely.

Ingredients: Coconut cream, sugar, cocoa powder, egg white, vanilla extract, salt, shredded coconut.

Contains: Egg.

Questions? Comments?

We'd love to hear from you!

Reach out any time to hello@pastureandplenty.com

PRODUCER SPOTLIGHT

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

*Arndt Farms, Madison Sourdough Co.,
Driftless Organics, Elderberry Hill Farms, Enos Farms,
Marr's Valley View Farms, Vitruvian Farms,
Silver Lewis Cheese Factory Co-op.*

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.