



QUINOA SALAD

with roasted vegetables and ricotta.

PREP &
COOK TIME

—
20
MINUTES

IN YOUR BAG

- HERBED QUINOA
- LOCAL ROOT VEGETABLES
- GARLIC SCAPE PESTO
- HERBED RICOTTA
- SPICED PUMPKIN SEEDS

PAIR WITH A ZINFANDEL OR IPA

INSTRUCTIONS

- 1 Preheat oven to 375 degrees F. Wash, peel and cut carrots, radishes, and turnips into bite sized pieces. Toss them with a tablespoon of olive oil; spread vegetables on baking sheet.
- 2 Roast root vegetables in oven until tender and beginning to brown, about 15 minutes.
- 3 Meanwhile, heat a teaspoon of olive oil in a skillet over medium heat; stir in quinoa, and cook and stir until hot, about 5 minutes. Alternately, heat quinoa in microwave on high, until hot, stirring often, 1 to 3 minutes.
- 4 Divide quinoa onto individual plates. Toss vegetables with pesto; divide over quinoa. Spoon ricotta on top, and sprinkle with pumpkin seeds.

Ingredients: **Herbed quinoa:** Quinoa, herb, spices. **Garlic scape pest:** Arugula, spinach, pepitas, sarvecchio, garlic scapes, red wine vinegar, salt. **Herbed ricott:** Milk, herbs, lemon, salt. **Spiced pumpkin seeds:** Pepitas, spices, olive oil. **Local root vegetables:** Carrot, radish, turnip.

Contains: 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.



CHICKPEA CASHEW COCONUT CHICKEN CURRY

PAIR WITH A SEMILLON OR SAISON

IN YOUR BAG

CHICKPEA CASHEW COCONUT CHICKEN CURRY

BROWN RICE

1) Heat curry in a saucepan over medium-high heat, adding up to 1/2 cup water as needed to thin, until hot, about 6 minutes. Alternately, heat curry in microwave on High, adding water if needed, until hot, stirring every minute or so, about 3 minutes.

2) Heat brown rice in separate saucepan over medium-high heat with 1-2 tablespoons of water. Cook until heated through, stirring occasionally, about 5 minutes.

3) Divide curry and brown rice into individual portions. Enjoy!

Ingredients: Chickpea cashew coconut chicken curry: Chicken, spices, onions, chickpeas, garlic, ginger, thai chilies, cashew nuts, coconut milk, chard, limes, cilantro. **Brown rice.**
Contains: Nuts.



WHITEFISH BACON CHOWDER

Ingredients: Whitefish, bacon, onions, celery, carrots, corn, garlic, leeks, potatoes, cream, chili flake, vegetable stock, dill, thyme, spices
Contains: Milk.



LEMON POPPYSEED MUFFINS

Muffins were frozen for freshness. Pop in the microwave for a minute or two to warm up.

Ingredients: AP flour, baking powder, butter, sugar, salt, sour cream, eggs, lemon juice, vanilla extract, canola oil, lemon zest, poppyseeds.
Contains: Wheat, milk, egg.



HAPPY VALENTINE'S DAY WEEK!

Don't forget to check out our February events on pastureandplenty.com or Facebook



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, Crossroads Community Farm, Driftless Organics, Marr's Valley View Farm, Vitruvian Farm, Sassy Cow, Enos Farms



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.