



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

VEGETARIAN

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: **Black bean walnut burger mix:** Black beans, onion, poblano pepper, garlic, adobo chilies, gouda cheese, mayonnaise, egg, panko, spices, walnuts, salt, pepper. **Brioche buns:** AP flour, salt, yeast, water, egg, milk. **Spicy mayo:** Egg, mustard, canola oil, spices, salt, pepper. **Red onion jam:** Red onion, red wine, balsamic vinegar, salt, thyme, olive oil. **Herb roasted carrots:** Carrots, herbs, olive oil.
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.



CHICKPEA CASHEW COCONUT CURRY

PAIR WITH A SEMILLON OR SAISON

IN YOUR BAG

CHICKPEA CASHEW COCONUT 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.



POTATO LEEK CORN CHOWDER

Ingredients: Onions, celery, carrots, corn, garlic, leeks, sweet potatoes, potatoes, cream, chili flake, vegetable stock, dill, thyme, spice
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.