



BLACKENED SWEET POTATO SANDWICH

with quinoa salad

PREP &
COOK TIME

—
15
MINUTES

IN YOUR BAG

- BLACKENED SWEET POTATO
- BRIOCHE BUN
- RAJAS SALSA
- CILANTRO-LIME SOUR CREAM
- ARUGULA
- QUINOA SALAD

PAIR WITH A VILLA WOLF PINOT GRIS OR
ONE BARREL BREWING CO. UP NORTH WISCONSIN LAGER

INSTRUCTIONS

- 1 Preheat oven to 350 degrees F.
- 2 Place potato on a baking sheet, and bake until hot, about 10 minutes. Or, heat potato in microwave on High until hot, 2-3 minutes.
- 3 Toast bun in toaster or oven. Build sandwich with sweet potatoes, arugula, salsa, and sour cream.
- 4 Give the salad a good stir, and serve on the side.

Ingredients: Blackened sweet potato: Sweet potato, olive oil, cumin, chili powder, onion powder, garlic powders, salt and pepper **Cilantro-Lime sour cream:** Sour Cream, cilantro and lime **Rajas salsa:** Red bell peppers, poblano peppers, sugar, salt, pepper, lime juice **Carrot-Quinoa salad:** Quinoa, carrots, scallion, celery, turnip, caramelized onions, whole grain mustard, olive oil, salt, pepper **Arugula. Brioche bun:** AP flour, salt, yeast, water, egg, milk.

Contains: Milk, wheat, egg.

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.



CHICKEN AND ANDOUILLE SAUSAGE GUMBO

PAIR WITH A MORGON LA VOUTE SAINT-VINCENT CRU BEAUJOLAIS OR ONE BARREL BREWING CO. DOUBLE DRY-HOPPED NEW ENGLAND IPA

IN YOUR BAG

CHICKEN AND ANDOUILLE SAUSAGE GUMBO
RICE

1) Add a few tablespoons of water to the rice and reheat in microwave for 3 minutes at medium-high heat. Or, reheat in saucepan

2) Heat gumbo in microwave on High, stirring every minute or so, until hot, about 3 minutes. Or, reheat in saucepan over high heat, until bubbly and heated through. Serve with a scoop of rice.

Ingredients: Gumbo: Andouille sausage, chicken, onions, celery, green bell peppers, okra, bay leaves, garlic, scallion, thyme, chicken stock, flour, butter, olive oil **Rice**
Contains: Wheat, milk.



SMOTHERED PORK BURRITO WITH RED SAUCE

Ingredients: Pulled pork, black beans, brown rice, onions, poblano peppers, jalapenos, flour tortillas, dried chiles, garlic, tomatoes, Chihuahua cheese, cumin, black pepper, olive oil, vegetable broth.
Contains: Milk, wheat.

KEY LIME PIE WITH CHERRY COMPOTE

Ingredients: AP flour, butter, sugar, honey, baking soda, salt, vanilla extract, egg yolk, cream, sweetened condensed milk, limes, sour cream, cherries, lemon juice, corn starch. Contains: Milk, wheat, egg.
Contains: Wheat, milk, egg.

ENJOYING YOUR MEALS? WE LOVE FEEDBACK!

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PRODUCER SPOTLIGHT

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

*Elderberry Hill Farms, Madison Sourdough Co.,
Crossroads Community Farm, Driftless Organics,
Riemer Family Farm, Sartori Cheese, Vitruvian 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.