



# BROWN RICE BOWL WITH CAULIFLOWER AND LATE WINTER VEGETABLES

PREP &  
COOK TIME

—  
**35**  
MINUTES

IN YOUR BAG

CAULIFLOWER

BROWN RICE

SESAME-LIME DRESSING

LATE WINTER VEGETABLES

PAIR WITH A FOLK MACHINE PINOT NOIR OR  
ONE BARREL UP NORTH WI LAGER

VEGETARIAN

## INSTRUCTIONS

- 1 Preheat oven to 400 degrees F. Spray a baking sheet with baking spray or line with parchment.
- 2 Chop cauliflower into bite-sized pieces, set aside. Slice scallions, save for garnish. Vegetables are all packed all together, separate edamame
- 3 Toss cauliflower with a small amount of olive or canola oil, and place on the prepared baking sheet. Season with salt and black pepper.
- 4 Roast cauliflower until tender, about 20 minutes.
- 5 Meanwhile, heat a generous splash of olive or canola oil in a skillet or wok over high heat, cook and stir carrots and radish until vegetables are crisp tender, about 5 minutes. Stir in rice and edamame with about 1/2 cup water, turn heat down to medium, and cook, stirring, just until rice is heated through, about 2 minutes.
- 6 Divide rice and vegetables into individual serving bowls; top with cauliflower. Give the dressing a good shake, drizzle over bowls, and sprinkle scallions over top.

**Ingredients:** Cauliflower, Brown rice, Sesame-Lime dressing: garlic, ginger, scallion, soy sauce, lime juice, rice vinegar, sweet chili sauce, honey, sesame oil, canola oil. **Late winter vegetables:** purple radish, carrot, edamame, scallion

Contains: Soy.

## 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.



## LENTIL SOUP WITH GRILLED SCALLION YOGURT SAUCE

PAIR WITH AN XABREGAS REISLING OR  
VINTAGE BREWING MOSEY IPA

### IN YOUR BAG

LENTIL SOUP

GRILLED SCALLION YOGURT SAUCE

TOASTED PEPITAS

1) Place soup in large saucepot with a splash of water. Alternately, heat in microwave on Medium High, stirring every minute, 4-10 minutes.

2) Reheat over medium heat for 6-8 minutes until heated through. Stir occasionally to prevent scorching.

3) Top with a dollop of yogurt sauce and a sprinkle of toasted pepitas.

**Ingredients: Lentil Soup:** Green lentils, chicken stock, onion, carrot, celery, tomatoes, garlic, lemon, spices, salt and pepper. **Grilled scallion yogurt sauce:** Greek yogurt, scallions, lemon juice, spices, salt and pepper. **Toasted pepitas:** Pepitas, spices, salt, pepper, olive oil  
Contains: Milk.



## LOADED MAC AND CHEESE WITH SWEET POTATO

**Ingredients:** Shell noodles, cheddar, gouda, sarvecchio, flour, milk, sweet potato, cauliflower, broccoli, red peppers, green peppers, onions, garlic, kale, panko, red wine vinegar, spices, chili flake, salt and pepper  
Contains: Wheat, milk.

## PEANUT BUTTER COOKIE DOUGH

Preheat oven to 350 degrees F. Place thawed dough on cookie sheet. Bake until golden brown, 8-10 minutes.

Ingredients: Peanut butter, oat flour, brown sugar, vanilla, salt. Contains: Nuts.

## ENJOYING YOUR MEALS? WE LOVE FEEDBACK!

Send us an email [hello@pastureandplenty.com](mailto:hello@pastureandplenty.com) or find us on social media!  
[facebook.com/pastureandplenty](https://www.facebook.com/pastureandplenty) | [@pastureandplenty](https://www.instagram.com/pastureandplenty)

## PRODUCER SPOTLIGHT

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

*Arndt Farms, Elderberry Hill Farms, Hooks Cheese,  
Sartori Cheese, Marr's Valley View Farm,  
Gentle Breeze Honey*

**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.