



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

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 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.