



LARB STYLE TVP LETTUCE WRAPS

with bulgur wheat and cucumber salad

PREP &
COOK TIME

—
30
MINUTES

IN YOUR BAG

LARB STYLE TVP
BOSTON BIBB LETTUCE
CUCUMBER SALAD
MINT AND CILANTRO

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

INSTRUCTIONS

- 1 Stir tvp and bulgur together with up to 1/2 cup water in a shallow pan over medium-high heat; cook, stirring occasionally, until the water is evaporated and is heated through, about 6 minutes. Alternately, microwave tvp and bulgur with a splash of water on high until heated through, 3-6 minutes.
- 2 Meanwhile, pick the mint and cilantro leaves from their stems; chop or leave whole as desired. You'll be sprinkling these on top of your lettuce wraps.
- 3 Remove tvp mix from heat, and season to taste with salt and pepper.
- 4 Place lettuce leaves on serving plates, and divide tvp mix over lettuce leaves.
- 5 Top each wrap with cucumber salad, mint, and cilantro, and fold the lettuce around the filling.

Ingredients: TVP larb: Garlic, TVP, honey, shallots, chile de arbol, sambal, soy sauce, salt & pepper, lime, Thai chilies, lemongrass, ginger, bulgur wheat. **Cucumber salad:** cucumber, red onion, mint, cilantro, rice vinegar, sugar, salt. **Boston bibb lettuce. Cilantro. Mint.**

Contains: Wheat, 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.



SWEET POTATO CURRY WITH ROASTED CAULIFLOWER

PAIR WITH A XABREGAS REISLING OR POTOSI CZECH STYLE PILSNER

IN YOUR BAG

SWEET POTATO CURRY WITH ROASTED CAULIFLOWER
RICE
NAAN

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

3) Pop naan in the microwave for about a minute to warm.

4) Divide curry and brown rice into individual portions, enjoy with the naan.

Ingredients: Sweet Potato Curry: Yellow split peas, sweet potatoes, cauliflower, onions, tomatoes, swiss chard, ginger, thai chilies, coconut milk, spices, cilantro, spices, salt, sunflower oil. **Rice.** **Roasted garlic naan:** AP flour, water, yeast, garlic, cilantro.

Contains: Wheat.



VEGETABLE SHEPHERD'S PIE

Ingredients: Mushroom, onions, carrots, celery, peas, potatoes, beer, tomatoes, seasonings, parmesan, butter, flour, vegetable stock, herbs, salt.

Contains: Wheat, milk.

DOUBLE CHOCOLATE CHIP COOKIE DOUGH

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

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt. 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:

Arndt Farms, Elderberry Hill Farms, Valley View Farms, Sartori Cheese, Superior Fresh, Garde To Be

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.