

DATE: APRIL 6, 2020 | OMNIVORE

HOORAY, IT'S MONDAY!

We hope you enjoyed the beautiful sunshine this weekend. We're so excited to be planning with our local farms. It's a bright spot during this difficult time. We're loving our spiffy new recipe sheets. We hope you find the new format helpful. Pro tip: Keep salmon frozen until you're ready to prepare your dinner. Enjoy your week of delicious food!

winter panzanella salad with Bering Bounty Salmon

austrian beef stew with rainbow carrots, egg noodles and chive sour cream

garbanzo bean & sweet potato stew

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

Arndt Farms
Riemer Family Farm
Elderberry Hill Farms
Gentle Breeze Honey
Sassy Cow Creamery
Enos Farms
Bering Bounty
Madison Sourdough Co

EXTRA GOODNESS

cardamom panna cotta with ginger marmalade

Half and half, sugar, honey, cardamom, coconut milk, salt, vanilla extract, gelatin, ginger, sugar, light corn syrup, lemon juice, orange juice, orange zest
Contains milk

① THE COOK KIT

winter panzanella salad

with Berring Bounty Salmon

PREP &
COOK TIME

20

MINUTES



IN YOUR BAG

Berring Bounty
King Salmon Filet
(keep frozen)

MSCO Garlic
Herb Croutons

Roasted Butternut
Squash

Brussels Sprouts
and Lacinato Kale

Honey Mustard
Sherry Vinaigrette



PAIR WITH

Sauvignon Blanc
or Lager

- 1 Preheat oven to 400° F. Cut brussels sprouts in half and remove outer leaves. Take kale off of steam and slice into strips.
- 2 Toss brussels with a splash of olive oil, salt and pepper, spread on a baking sheet and roast until tender and brown, 15-20 minutes. Add butternut squash to the baking sheet with brussels sprouts for the last 5 minutes of roasting time.
- 3 While brussels sprouts roast, prepare the salmon. For best results, cook salmon from frozen.
- 4 To cook the salmon, preheat a frying pan with 2 tbs of olive oil over medium-high heat. The oil will begin to shimmer when ready. Place the salmon skin-side down in hot pan. Cover with lid and cook until the salmon is flaky and cooked through, to 145° F, 12-15 minutes. Remove from heat.
- 5 Toss together vegetables with croutons, sliced kale, and vinaigrette. Portion salad onto plates and top with salmon filets.

MSCO Garlic Herb Croutons: Flour, water, yeast, garlic, herbs, salt and pepper **Honey Mustard Sherry**

Herb Vinaigrette: Sunflower oil, sherry vinegar, dijon mustard, honey, salt, pepper
Contains Wheat, fish

② READY-TO-EAT

austrian beef stew

with rainbow carrots, egg
noodles and chive sour cream

Bring a pot of salted water to a boil over high heat. Drop in noodles and cook for 6 minutes for al dente, 8 minutes for fully cooked.

While the water is boiling, reheat stew with a splash of water in a sauce pan over medium heat until hot.

Portion noodles into bowls, top with stew and garnish with dollop of chive sour cream.

Austrian Beef Stew: Beef, carrots, onions, beef stock, flour, garlic, bay leaves, dill, cider vinegar, fresh herbs, spices, salt and pepper

Egg Noodles: Durum wheat, egg, niacin, iron, thiamin mononitrate, riboflavin, folic acid

Chive Sour Cream: Cultured cream, cream, chives, lemon zest, salt and pepper
Contains Wheat, egg, milk

③ FARM-TO-FREEZER

garbanzo bean sweet potato stew

See label for reheating instructions.

Garbanzo Bean Sweet Potato Stew: Garbanzo beans, sweet potatoes, onion, tomatoes, water, garlic, thai chili, bay leaf, parsley, lemon juice, salt and pepper.