

DATE: APRIL 6, 2020 | VEGETARIAN

## 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. Enjoy your week of delicious food!

### winter panzanella salad

with marinated tofu

### austrian mushroom 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

Rierner 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 marinated tofu

PREP &  
COOK TIME

20

MINUTES

IN YOUR BAG

Marinated Tofu

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, cook tofu. Cut tofu into bite sized cubes. Heat saute pan on medium-high heat with 2 tablespoons of oil. Cook cubed tofu in pan, turning often to brown all sides, about 10 minutes.
- 4 Add butternut squash to sheet tray of brussels sprouts for last 5 minutes of roasting time.
- 5 When brussels are cooked and squash is warm toss together with croutons, kale strips, and vinaigrette. Portion salad onto plates and top with tofu.

**Marinated Tofu:** Tofu, rice vinegar, maple syrup, garlic powder, ginger powder, sesame oil, canola oil, salt and pepper **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, soy

② READY-TO-EAT

## austrian mushroom 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 Mushroom Stew:** Mushrooms, carrots, onions, vegetable 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.