

HOORAY, IT'S MONDAY!

It is burger time. My favorite time of the year. Ok, ok - maybe I say that a lot, but when you eat with the rhythm of the seasons, every menu brings unique excitement. I love the sweet crispness of the local lettuce that comes back with a shock in cold water, when heat makes it droop. Works for us, too, actually. Good luck beating the heat this week!



black bean walnut burger
with remoulade
and asparagus kale quinoa salad



**buffalo cauliflower
garbanzo bean
lettuce wraps**
with carrot kohlrabi slaw
and housemade ranch dressing



ratatouille
with creamy polenta



PRODUCER SPOTLIGHT

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

- Elderberry Hill Farm
- Sitka Salmon
- Crossroads Community Farm
- Lovefood Farm
- Raleigh's Hillside Farm
- Madison Sourdough Co.
- Winterfell Acres

EXTRA GOODNESS

**brown butter
chocolate chip
cookie dough**

Preheat oven to 350°F.
Flatten thawed dough into discs.
Bake for 12-15 minutes, until golden.
Ingredients: AP flour, sugar, brown sugar, butter, egg, chocolate chips, vanilla, salt.

Contains: Egg, milk, wheat.

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

black bean walnut burger

with remoulade and asparagus kale quinoa salad

PREP &
COOK TIME

15

MINUTES

IN YOUR BAG

Black Bean
Walnut Burger

Arugula

Remoulade

Asparagus Kale
Quinoa Salad

Brioche Bun

PAIR WITH

something full
bodied, yet crisp:
like the unoaked
Lioco Chardonnay,
or an IPA, like the
Bell's Two-hearted.

- 1 Heat a skillet over medium heat for a minute or two, then add a tablespoon of olive oil.
- 2 Place burger in skillet; cook until browned on one side, about 4 minutes. Turn burger over; cook until internal temperature reaches 145° F, about 3 minutes more.
- 3 Meanwhile, toast brioche bun in a toaster or under the broiler until lightly browned. Place burger on bottom bun, followed by slaw, remoulade, arugula and top bun.
- 4 Serve with quinoa salad, remaining arugula and remoulade.

Bean and Walnut Burger: Black beans, onion, poblano pepper, garlic, adobo chiles, cotija cheese, mayonnaise, egg, panko, spices, walnut, salt, pepper.

Asparagus Kale Quinoa Salad: White quinoa, red quinoa, asparagus, red kale, scallion, red wine vinegar, olive oil, salt, pepper.

Remoulade: Sunflower oil, eggs, red wine vinegar, Dijon mustard, salt, pepper, capers, cornichons, parsley, lemon juice, horseradish, black pepper.

Brioche Bun: AP Flour, butter, sugar, eggs, milk powder, yeast, salt.

Contains: Milk, wheat, egg.

② READY-TO-EAT

buffalo cauliflower garbanzo bean lettuce wraps

with carrot kohlrabi slaw and
housemade ranch dressing

Preheat oven to 375° F.

Bake cauliflower and garbanzo bean mix in preheated oven until hot, about 20-30 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave cauliflower mix on Medium High until hot, about 3-5 minutes.

Divide cauliflower mix onto lettuce wraps. Top with slaw and ranch dressing, or serve slaw on the side.

Buffalo Cauliflower: Cauliflower, garbanzo bean, spices, butter, cayenne red peppers, distilled vinegar, water, salt, garlic powder, salt.

Carrot Kohlrabi Slaw: Green cabbage, purple cabbage, kohlrabi, carrot, cilantro, chive, parsley, honey, apple cider vinegar, salt, pepper.

P&P Ranch: Buttermilk, sour cream, eggs, sunflower oil, red wine vinegar, mustard, herbs, lemon, salt, pepper.

Lettuce

Contains: Milk, egg.

③ FARM-TO-FREEZER

ratatouille with creamy polenta

See label for reheating instructions
and ingredients



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm