

DATE: JULY 20, 2020 | VEGETARIAN

# HOORAY, IT'S MONDAY!

Midsummer fresh produce, from our amazing farm partners, is rolling into your menu this week. And all that deliciousness (think: cabbage, cucumbers, squash, and more) is going into new recipes, with a Middle Eastern-inspired shawarma and a crispy vegetable-laden Israeli salad. And we're hoping you love the basil pistou with the tomato bisque, too! So many good summer flavors. We can't wait to hear what you think.



**roasted cauliflower  
chickpea shawarma**  
with Israeli salad, yogurt dill sauce  
and pita bread



**tomato bisque**  
with grilled bread, pistou  
and white bean purée



**Thai sweet potato  
coconut curry**  
with rice



## PRODUCER SPOTLIGHT

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

- Elderberry Hill Farms
- Winterfell Acres
- Don's Organic
- Vitruvian Farms
- Madison Sourdough Co.
- Garden To Be
- Raleigh's Hillside Farm

## EXTRA GOODNESS

### blueberry cornmeal scones

Preheat oven to 375°F. Bake for 8-10 minutes. Rotate, bake 8-10 minutes more, until deep golden in color.

Ingredients: Blueberries, cornmeal, ap flour, butter, egg, buttermilk, sugar, baking powder, lemon zest, vanilla extract, salt

Contains: Milk, egg, 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

# roasted cauliflower chickpea shawarma

with Israeli salad, yogurt dill sauce and pita bread

PREP &  
COOK TIME

# 15

MINUTES

IN YOUR BAG

Roasted  
Cauliflower  
Chickpea  
Shawarma

Israeli Salad

Lemon Herb  
Dressing

Yogurt Dill Sauce

Pita Bread

PAIR WITH

a vibrantly acidic  
Terra Alpina  
Pinot Bianco or  
a slightly bitter  
Pulp Culture Hazy  
IPA from Working  
Draft

- 1 Preheat oven to 400°F. Reheat cauliflower on a sheetpan in preheated oven until heated through, 10-12 minutes. Warm pita for a few seconds in the microwave or oven.
- 2 Shake lemon herb dressing to emulsify, then use to dress Israeli salad.
- 3 Portion cauliflower chickpea shawarma and salad onto plates, serve with yogurt sauce and pita bread.

**Cauliflower Chickpea Shawarma:** Cauliflower, garbanzo bean, olive oil, lemon juice, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, red chile flake.

**Israeli Salad:** Cabbage, cucumber, tomato, red onion, red bell pepper, yellow bell pepper, kalamata olives, parsley, mint, cilantro.

**Lemon Herb Dressing:** Olive oil, lemon juice, oregano.

**Yogurt Dill Sauce:** Greek yogurt (skim milk, cream, milk protein concentrate, pectin, enzymes), lime, lemon, tahini (sesame seed), garlic, dill, mint, salt.

**Pita:** Whole wheat flour, water, wheat gluten, honey, yeast, sunflower oil, salt, calcium propionate, enzymes.

*Contains: Milk, wheat.*

## ② READY-TO-EAT

# tomato bisque

with grilled bread, pistou and white bean purée

Preheat grill or skillet to medium heat.

Reheat bisque in a saucepan over medium heat, stirring occasionally until hot, 6-8 minutes.

Drizzle bread with olive oil and grill or toast in the skillet until browned to your liking, 2-3 minutes per side.

Spread bean purée on toasted bread, Garnish soup and bread with pistou.

**Tomato Bisque:** Tomato, onion, vegetable stock, fennel, leek, garlic, cream, red pepper flake, red wine vinegar, salt, pepper.

**Pistou:** Basil, olive oil, garlic, red wine vinegar, salt.

**White Bean Purée:** White bean, olive oil, garlic, lemon, salt, pepper.

**Madison Sourdough Co. Miche:** Whole wheat flour, rye flour, water, salt.

*Contains: Wheat, milk.*

## ③ FARM-TO-FREEZER

# Thai sweet potato

coconut curry  
with rice

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