

DATE: JULY 27, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

Time for making summer memories! Baseball is back, friends, and we're excited. We'll be grilling some delicious black bean burgers while listening to Bob Uecker call the Brewers on the radio. And, the Niçoise salad is just asking to go on the road for a picnic. You can assemble it in advance or toss it together right on your blanket or in your canoe. "Less work, more picnic," is our summer mantra. So get out and enjoy!



grilled black bean gyro burger
with red cabbage slaw, tzatziki,
and cucumber dill salad



summer niçoise salad
with oyster mushroom duxelle



**roasted eggplant
and fennel baked ziti**



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
- Garden To Be
- Crossroads Community Farm
- Pinn-Oak Ridge
- Arndt Farms
- Vitruvian Farms
- Madison Sourdough Co.

EXTRA GOODNESS pecan walnut slices

Ingredients: Pecan, walnut, brown sugar, egg, ap flour, shredded coconut, butter, sugar, vanilla extract, baking powder, cinnamon, salt.

Contains: Milk, egg, wheat, nuts.

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

grilled black bean gyro burger

with red cabbage slaw, tzatziki, and cucumber dill salad

PREP &
COOK TIME

15
MINUTES

IN YOUR BAG

Black Bean
Gyro Burger

Red Cabbage
Slaw

Tzatziki Sauce

Cucumber Dill
Salad

Brioche Bun

PAIR WITH

a slightly chilled
Brusco Sangiovese
Toscano or a light
and crisp Pils from
Goodcity Brewing
Co.

- 1 Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner – it will cook more evenly.
- 2 Preheat a grill for medium high heat. Or, heat a skillet over medium heat for a minute or two, then add a tablespoon of olive oil.
- 3 Grill burgers on the preheated grill or in the preheated skillet, turning occasionally, until heated through, about 8-12 minutes.
- 4 Grill or toast bun or warm for a few seconds in microwave. Place burger on bottom bun; top with cabbage slaw, tzatziki sauce, and top bun.
- 5 Serve burger with cucumber dill salad.

Black Bean Gyro Burger: Tofu, black bean, quinoa, flaxseed meal, sunflower butter, mayonnaise, feta (milk, salt, cheese cultures, enzymes, potato starch), garlic, cayenne, mint, oregano, parsley, cornstarch, salt, pepper.

Red Cabbage Slaw: Red cabbage, vinegar, sugar, salt.

Tzatziki Sauce: Greek yogurt (skim milk, cream, milk protein concentrate, pectin, enzymes), cucumber, garlic, lemon juice, olive oil, dill, mint, salt.

Cucumber Dill Salad: Cucumber, pickled red onion (red onion, white vinegar, salt, sugar, spices), vinegar, dill, sugar, salt..

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

Contains: Milk, egg, soy, wheat.

***Consuming raw or undercooked burgers may increase your risk of foodborne illness.**

② READY-TO-EAT

summer niçoise salad with oyster mushroom duxelle

Remove root end of lettuce head so you are working with individual leaves. Give lettuce leaves and cherry tomatoes a rinse, dry in salad spinner if desired.

Halve cherry tomatoes, cut potatoes into bite sized pieces.

For a traditional composed Niçoise salad, put a layer of lettuce leaves down on each plate then dress potatoes, beans, radishes, tomatoes, and peppers, and olives all separately then plate each ingredient in its own neat pile on top of the lettuce. Top with sauce gribiche and oyster mushroom duxelle. Enjoy.

For a rustic Niçoise put a layer of lettuce leaves on the plates then dress potatoes, beans, radishes, tomatoes, peppers and olives together then portion out on top of lettuce. Top with oyster mushroom duxelle. Enjoy.

Oyster Mushroom Duxelle: Button mushroom, oyster mushroom, shiitake mushroom, butter, shallot, white wine, garlic, salt, red wine vinegar.

Sauce Gribiche: Egg, olive oil, dijon mustard, cornichon, caper, white wine vinegar, salt.

Dijon Vinaigrette: Sunflower oil, red wine vinegar, shallot, garlic, Dijon mustard, salt, pepper, xanthan gum.

Potatoes, Beans, Radishes, Tomatoes, Peppers, Lettuce

Contains: Milk, egg.

③ FARM-TO-FREEZER

roasted eggplant and fennel baked ziti

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