

PASTURE AND PLENTY

DATE: OCTOBER 26, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

It's a chilly one this week, Meal Kit Fam. Stay in, stay cozy, and let us warm you up with gentle heat from the red curry, warming spices like cumin, paprika and cinnamon in the sharwarma, and hot bisque. A real treat this week is the Thelma Sanders winter squash. Tender, sweet and delicious, Thelma Sanders squash cooks up to a buttery-soft texture and unmatched flavor — a distinctive, sweet taste of autumn.



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



Thelma Sanders winter squash bisque with grilled bread and sage shallot compound butter



red coconut curry tofu with brown rice



PRODUCER SPOTLIGHT

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

Vitruvian Farms
Madison Sourdough Co.
Raleigh's Hillside Farm
Winterfell Acres
Circadian Organics
Elderbery Hill Farm

EXTRA GOODNESS pumpkin bread

Ingredients: Pumpkin, ap flour, sugar, egg, vegetable oil, ginger, cinnamon, clove, nutmeg, salt, baking soda, butter.

Contains: Wheat, dairy, egg, cinnamon, nutmeg.

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

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

PREP & COOK TIME

10
MINUTES

IN YOUR BAG

Chickpea
Cauliflower
Shawarma

Israeli Salad

Yogurt Dill Sauce

Lemon Oil
Dressing

Pita

Pair with the fresh and intense Salcheto "Biskero" Chianti or the dry and hoppy Italian Pils from Working Draft Beer Co.

- 1 Preheat oven to 400°F. Reheat cauliflower and chickpeas on a sheetpan in preheated oven until heated through, 10 to 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. Enjoy!

Chickpea Cauliflower 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 olive, parsley, mint, cilantro.

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

Lemon Oil Dressing: Olive oil, lemon juice.

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

Contains: *Wheat, dairy, honey, cinnamon, mint, olives, sesame.*

② READY-TO-EAT

Thelma Sanders winter squash bisque with grilled bread and sage shallot compound butter

Reheat soup over medium heat, stirring regularly, until heated through, 6 to 8 minutes. Or microwave on Medium High 3 to 6 minutes, stirring occasionally.

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

Spread compound butter on your grilled bread and serve with hot squash bisque. Enjoy!

Thelma Sanders Winter Squash Bisque:

Thelma Sanders Squash, onion, carrot, vegetable stock, heavy cream, garlic, sage, thyme, ancho chile, bay leaf, salt, pepper.

MSCo Miche: Whole wheat flour, rye flour, water, salt.

Sage Shallot Compound Butter: Butter, shallot, white wine, sage, salt, pepper.

Contains: *Dairy, wheat.*

③ FARM-TO-FREEZER

red coconut curry tofu with brown rice

See label for ingredients and reheating instructions.



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
608.665.3770 • pastureandplenty.com

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