

PASTURE AND PLENTY

DATE: NOVEMBER 9, 2020 | OMNIVORE

HOORAY, IT'S MONDAY!

Well, folks, after this glorious weekend we're in a pretty good mood and hope you are too! Keep the good vibes rolling and take it easy with these simple and quick favorites. Sweet Potato sammies with flavorful rajas (a Spanish term for poblano strips) salsa. Savory tarts from our friends Ana and Carissa at Tart Baked Goods, alongside some of the last greens of the season. And, everyone's fave: Bourguignon! We can't wait.



blackened sweet potato sandwich on brioche
with rajas salsa and cilantro-lime sour cream alongside carrot chickpea salad



savory tart selection from Tart Baked Goods with mixed greens and house vinaigrette



beef bourguignon with herb mashed potatoes



PRODUCER SPOTLIGHT

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

Elderbery Hill Farm
Winterfell Acres
Raleigh's Hillside Farm
Tart Baked Goods
Arndt Farms
Sartori Cheese
Madison Sourdough Co.

EXTRA GOODNESS mini sweet potato cheesecake

Ingredients: Sweet potato, cream cheese, sugar, egg, butter, ap flour, vanilla, cinnamon, nutmeg.

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

Full-size Cheesecakes are available to order for Thanksgiving!

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

blackened sweet potato sandwich on brioche with rajas salsa and cilantro-lime sour cream alongside carrot chickpea salad

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

Blackened Sweet Potato

Brioche Bun

Rajas Salsa

Cilantro-Lime Sour Cream

Arugula

Carrot Chickpea Salad

Pair with a flinty and citrusy white, such as Groundworks Grenache Blanc, or a fruity and hoppy hazy IPA, like the Official Hazy IPA from Bell's Brewery

- 1 Preheat oven to 350°F.
- 2 Place the blackened sweet potato on a baking sheet and bake until hot, about 10 minutes. Or, heat the sweet potato in the microwave on High until hot, 2 to 3 minutes.
- 3 Toast bun(s) in the toaster or oven. Build each sandwich with sweet potatoes, arugula, rajas salsa and sour cream..
- 4 Give the salad a good stir and serve on the side. Enjoy!

Blackened Sweet Potato: Sweet potato, olive oil, cumin, chili powder, onion powder, garlic powder, salt, pepper.

Brioche Bun: AP flour, butter, sugar, egg, milk powder, yeast, salt.

Rajas Salsa: Red bell pepper, poblano pepper, cherry tomato, rice vinegar, sugar, salt, pepper, lime juice.

Cilantro-Lime Sour Cream: Sour cream, cilantro, lime, salt, pepper.

Arugula

Carrot Chickpea Salad: Chickpea, carrot, olive oil, sherry vinegar, dill, salt, sugar.

Contains: Dairy, wheat, egg.

② READY-TO-EAT

savory tart selection with mixed greens and house vinaigrette

Heat tart according to instructions on label.

Toss greens with house vinaigrette, using enough vinaigrette to coat the greens to your taste. Serve alongside tart and enjoy!

Tart Selection from Tart Baked Goods: See label for ingredients.

House Vinaigrette: Sunflower oil, roasted garlic, caramelized red onion, whole grain mustard, red wine vinegar, salt, xanthan gum.

Mixed Greens

Contains: Dairy, wheat.

③ FARM-TO-FREEZER

beef bourguignon with herb mashed potatoes

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