

PASTURE AND PLENTY

DATE: NOVEMBER 30, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

Happy almost-December, meal kit friends! Hopefully you're recovered from the Tryptophan-haze of Thanksgiving and are ready to greet a new month. We've got a great recipe line-up this week to usher in December: think thick and rich white bean chili, creamy dal with aromatic basmati, and a bright lemon-dill vinaigrette with caramelized root veggies. Dig in and start your winter season off right!



roasted cauliflower steaks
with caramelized root vegetables and
lemon-dill vinaigrette



**white bean sweet potato
chili** with avocado lime crema and
tortilla strips



dal makhani
with basmati rice



PRODUCER SPOTLIGHT

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

Bering Bounty
Fifth Season Co-Op
Elderbery Hill Farm
Tortilleria Zepeda
Winterfell Acres
Raleigh's Hillside Farm
Blue Violet Jams & Jellies

EXTRA GOODNESS

jam scones

featuring **Spiced Cranberry Jam**
from **Blue Violet Jams & Jellies**

Ingredients: AP flour, sugar, butter, egg, heavy cream, vanilla, salt, baking powder, Blue Violet Spiced Cranberry Jam.

Contains: Dairy, wheat, 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

roasted cauliflower steaks with caramelized root vegetables and lemon-dill vinaigrette

PREP & COOK TIME

30
MINUTES

IN YOUR BAG

Cauliflower Steaks

Root Vegetable Medley

Lemon-Dill Vinaigrette

Kale

Pair with a silky and food-friendly red, such as the Folk Machine Pinot Noir, or a light and crisp lager, like Working Draft's Le Pils French Pilsner

- 1 Preheat oven to 400°F. Toss root vegetables with olive oil, salt and pepper and place on a baking sheet. Roast until veggies are starting to brown and fork tender, about 10 minutes.
- 2 Heat an oven-safe heavy skillet over high heat. Season the cauliflower steaks with salt and pepper, then add a splash of oil to the skillet. Once the oil is hot and shimmering, sear the cut sides of the cauliflower steaks until brown, about 3 minutes per side. Once browned flip onto uncut side, place whole skillet into the oven, and roast until tender.
- 3 While vegetables cook, remove kale from stems and tear leaves into bite sized pieces; place in a bowl.
- 4 When vegetables are done roasting, and while still hot, toss with kale and dress with lemon dill vinaigrette. Divide evenly onto plates and top with cauliflower. Enjoy!

Cauliflower Steaks

Root Vegetable Medley: Butternut squash, gold potato, carrot, red beet, golden beet.

Lemon-Dill Vinaigrette: Sunflower oil, champagne vinegar, dijon mustard, lemon, dill, salt, pepper.

Kale

② READY-TO-EAT

white bean sweet potato chili with avocado lime crema and tortilla strips

In a saucepan, warm soup over medium heat until hot, stirring occasionally, about 6 minutes. Alternatively, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Ladle soup into individual bowls, then top with crema and tortilla strips. Enjoy!

White Bean Sweet Potato Chili: White bean, vegetable stock, onion, corn, poblano pepper, red bell pepper, green bell pepper, sweet potato, jalapeño, tomatillo, pepperjack cheese (milk, water, jalapeño peppers, sodium phosphate, salt, cheese culture, lactic acid, sorbic acid, enzymes), cilantro, lime, scallion, spices, salt, pepper.

Avocado Lime Crema: Sour cream (cultured milk and cream, whey, corn starch, sodium phosphate, guar gum, carrageenan, sodium citrate, carob bean gum, potassium sorbate), avocado, lime, salt, pepper.

Tortilla Strips: Corn tortilla (corn, water, salt, lime), canola oil, spices, salt, pepper.

Contains: Dairy.

③ FARM-TO-FREEZER

dal makhani
basmati 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
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M 3:30pm-7:30pm **T-F** 11am-7pm
SAT 9am-1pm