

# PASTURE AND PLENTY

DATE: JANUARY 18, 2021 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Anyone else ready for a getaway? We sure are! And if we can't physically travel, why not use our senses? Let's imagine we're in the sunny Greek isles, while dipping into our plates of Mediterranean nachos. Let's peer over the rocky, windswept cliffs of Lima in our minds, while spooning up our Peruvian Corn Chowder. And let the pasta and sauce transport you to Tuscany's rolling hills with each bite. Bon voyage and bon appétit!

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### Mediterranean nacho kit with gyro-spiced roasted cauliflower

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### Peruvian quinoa and corn chowder with a beet kale salad

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### roasted red pepper and fennel ragu with RP's rigatoni



## PRODUCER SPOTLIGHT

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

Arndt Farms  
Fifth Season Co-op  
Enos Farms  
RP's Pasta  
Winterfell Acres

## EXTRA GOODNESS

### dark chocolate sea salt brownie with lime curd swirl

Store in the refrigerator. Enjoy within 7 days.

Ingredients: Chocolate, butter, sugar, flour, cocoa powder, egg, vanilla, salt, lime juice, lime zest.

Contains: Dairy, wheat, egg

## 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

## Mediterranean nacho kit

with gyro-spiced roasted cauliflower

PREP &  
COOK TIME

15  
MINUTES

IN YOUR BAG

Pita

Whipped Yogurt  
Feta

Greek Chopped  
"Salsa"

Crispy Chickpeas

Gyro-Spiced  
Cauliflower

Arugula

Pair with the light and herbaceous Ampeleia Unlitro, a red blend of Grenache and Carignan, or the malty and dry Double IPA from Giant Jones Brewing Company

- 1 Preheat broiler. Cut each pita into 8 wedges. Cover a sheet pan with foil and lay out the wedges in a single layer, spritz both sides with cooking spray or brush with oil.
- 2 Broil pita wedges until well toasted, 2 to 3 minutes per side. Reheat cauliflower in microwave, in 30 second bursts, stirring in between bursts to heat evenly.
- 3 Layer pita wedges and beef and lamb onto plate. Top with chopped salsa and dollops of yogurt feta sauce.
- 4 Place arugula, and a sprinkle of crispy chickpeas, on top of everything. Enjoy!

**Crispy Chickpeas:** Garbanzo bean, canola oil, spices, salt, pepper.

**Pita:** Wheat flour, water, sunflower oil, yeast, sugar, salt, calcium propionate, enzymes, fumaric acid.

**Whipped Yogurt Feta:** Feta (milk, culture, salt, enzyme), greek yogurt (milk, cream, milk protein concentrate, pectin, enzymes, cultures), garlic, olive oil, salt, pepper.

**Gyro-Spiced Cauliflower:** Cauliflower, garlic, rosemary, oregano, spices, salt, pepper.

**Greek Chopped "Salsa":** Cherry tomato, cucumber, red onion, kalamata olive, feta, salt, pepper, red wine vinegar.

**Contains:** Wheat, dairy, raw allium, bean/lentil, olive.

② READY-TO-EAT

## Peruvian quinoa and corn chowder

with a beet kale salad

Reheat soup in a saucepan with a 1/2 cup of water, stirring frequently to prevent burning, until hot.

Give salad container a shake to dress, (or toss in a bowl). Ladle soup into bowls and serve alongside salad. Dig in!

**Peruvian Quinoa and Corn Chowder:** Vegetable stock, red quinoa, red onion, sweet potato, corn, garlic, cream, olive oil, aji amarillo, oregano, mint, salt, pepper.

**Kale Beet Salad:** Kale, golden beet, radish, carrot, leek, sunflower oil, red onion, whole grain mustard, red wine vinegar, thyme, salt, pepper.

**Contains:** Dairy, mint.

③ FARM-TO-FREEZER

## roasted red pepper and fennel ragu

with RP's rigatoni

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