

PASTURE AND PLENTY

DATE: FEBRUARY 8, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

Brrr, shiver, friends! This polar vortex is no joke. We're back with another community fave: dan dan noodles! Savory and umami-rich, this bowl of carb goodness is just what the weather ordered. And the Austrian stew is full of homey, cozy flavors in every spoon (especially paired with a bite of sourdough). Last, let the gentle spice of the chana masala radiate from your mouth to your core. Hopefully, our whole menu this week warms you up!

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tofu dan dan noodles
with scallions, roasted peanuts
and baby bok choy

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**Austrian oyster
mushroom stew**
with rainbow carrots, chive sour cream
and Madison Sourdough dinner roll

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chana masala
over brown rice



PRODUCER SPOTLIGHT

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

Enos Farms
Arndt Farms
Vitruvian Farms
Madison Sourdough Co.
Driftless Organics

EXTRA GOODNESS

brown butter chocolate chip cookie dough

Preheat oven to 350°F.
Place thawed cookie dough on baking sheet and bake for 10 to 12 minutes until cookies are golden, rotating half-way through.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.

Contains: Wheat, dairy, egg, chocolate.

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

tofu dan dan noodles

with scallions, roasted peanuts and baby bok choy

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Tofu Dan Dan
Sauce

Noodles

Scallions and
Bok Choy

Roasted Peanuts

Pair with the lively
and zippy
Storm Point
Swartland Red
Blend
or
Working Draft's
crisp and
firmly bitter
Future Tense IPA

- 1 Bring a pot of salted water to a boil, large enough to cook all your noodles. In the meantime, reheat dan dan sauce in a sauté pan over medium-low heat with 1/2 cup of water.
- 2 Give the baby bok choy a quick rinse, split lengthwise and then cut into half inch slices. Thinly slice the scallion and reserve.
- 3 Drop noodles in boiling pot of water and cook until done, about 3 to 4 minutes. Drain noodles when finished.
- 4 Remove half of dan dan sauce from the sauté pan, add sliced bok choy and noodles and toss to coat.
- 5 Place sauced noodle mixture on plate and top with remaining sauce, sliced scallions and roasted peanuts. Enjoy!

Tofu Dan Dan Sauce: Tofu (soybeans, water, calcium bisulfate, glucono delta lactone), mushroom, pickled mustard greens (mustard greens, water, sugar, salt, MSG, artificial color), chile oil, ginger, chinkiang vinegar, soy sauce (water, wheat, soybeans, salt), sugar, garlic.

Noodles: Wheat flour, dehydrated whole eggs, dehydrated egg white, corn starch, salt, FD&C Yellow #5 and #6 and sodium benzoate.

Roasted Peanuts: Peanuts, salt, olive oil.

Scallion

Baby Bok Choy

Contains: Soy, egg, wheat, peanuts.

② READY-TO-EAT

Austrian oyster mushroom stew

with rainbow carrots, chive sour cream and Madison Sourdough Co. dinner roll

Reheat stew with a splash of water in a sauce pan over medium heat until hot. Reheat roll in toaster oven or microwave until warm.

Portion stew into bowls, garnish with dollop of chive sour cream, and serve rolls alongside. Dig in!

Austrian Oyster Mushroom Stew: Oyster mushroom, potato, carrot, onion, vegetable stock, ap flour, garlic, bay leaves, dill, cider vinegar, fresh herbs, spices, salt, pepper.

MSco Dinner Roll: Flour, water, salt, yeast.

Chive Sour Cream: Cultured cream, cream, chive, lemon zest, salt, pepper.

Contains: Wheat, dairy, raw allium.

③ FARM-TO-FREEZER

chana masala over 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
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M 3:30pm-7:30pm **T-F** 11am-7pm
SAT 9am-1pm