

PASTURE AND PLENTY

DATE: MARCH 1, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

And we have quite the line-up for you! Toothsome fresh linguini with briny and bright puttanesca sauce. Rich stew, chock full of chickpeas and loads of warming spices, ready to be ladled up with bites of naan. And stir-fried veggie goodness, to brighten the winter skies. Plus, who doesn't love a good cinnamon roll to round the week out? Here's to a bright, sunny and delicious start to March, friends!



RP's linguini
with puttanesca sauce, spinach
and herbed ricotta



chickpea stew
with butternut squash, cauliflower
and garlic naan



bourbon tofu
with broccoli, rainbow carrots,
bok choy and brown rice



PRODUCER SPOTLIGHT

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

RP's Pasta

Enos Farms

Sassy Cow Creamery

Pinn-Oak Ridge Farm

Driftless Organics

EXTRA GOODNESS

P&P cinnamon roll dough

Place the roll on a sheet pan and lightly cover with plastic wrap. Thaw at room temperature overnight. In the morning, the rolls should appear puffy and softly spring back when touched. Preheat oven to 375° F. Remove plastic wrap and bake for 6 minutes; rotate and continue to bake until rolls are dark golden brown and the sugar is bubbling and caramelized, about 6 to 9 more minutes. Best served warm. Or, cool and store at room temperature for up to 2 days Spread frosting over baked rolls as desired.

Ingredients: AP flour, butter, sugar, cinnamon, yeast, orange zest, salt.

Contains: Wheat, dairy, 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

RP's linguini

with puttanesca sauce, spinach and herbed ricotta

PREP &
COOK TIME

15

MINUTES

IN YOUR BAG

RP's Linguini

Puttanesca Sauce

Spinach

Herbed Ricotta

Pair with the easy

drinking

Folk Machine

Pinot Noir

or

the bright and dry

Pale Weizenbock

from Giant Jones

- 1 Bring a well salted pot of water to a boil. Ready a large sauté pan, large enough for the linguini, sauce and spinach.
- 2 Warm puttanesca sauce in sauté pan over medium heat. Drop pasta into boiling water and cook until al dente, about 2 to 3 minutes.
- 3 When pasta is done cooking, drain and reserve a little pasta water to help thicken your sauce.
- 4 Add reserved pasta water and spinach to puttanesca sauce, toss to wilt spinach. Add linguini, toss to coat. Divide onto plates and top with ricotta. Enjoy!

RP's Linguini: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt, glucono-delta-lactone (natural acidifier found in wine and honey).

Puttanesca Sauce: Tomato, red onion, garlic, caper, black olive, olive oil, red chile flake, parsley, chive, thyme, salt, pepper.

Ricotta: Milk, cream, buttermilk, parsley, chive, thyme, rosemary, salt, pepper.

Spinach

Contains: Wheat, egg, dairy, olives.

② READY-TO-EAT

chickpea stew

with butternut squash, cauliflower and garlic naan

Heat stew over medium heat until hot, stirring occasionally, about 6 to 8 minutes.

Reheat naan in the microwave for 20 seconds or in a preheated 400°F oven for 3 to 4 minutes.

Portion stew into bowls, serve naan alongside. Dig in!

Chickpea Stew with Butternut Squash and Cauliflower: Vegetable stock, cauliflower, garbanzo bean, butternut squash, onion, celery, cilantro, sherry vinegar, tomato paste, garlic, olive oil, ap flour, cumin, cardamom, coriander, turmeric, pepper, cayenne, salt, pepper.

Garlic Naan: Wheat flour, milk, garlic, water, sunflower oil, sugar, salt, sodium bicarbonate, coriander leaves, yeast.

Contains: Wheat, poultry, beans/lentils.

③ FARM-TO-FREEZER

bourbon tofu

with broccoli, rainbow carrots, bok choy and 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