

# PASTURE AND PLENTY

DATE: MARCH 22, 2021 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Rainy days may be forecasted, but we're bringing sunshine inside with our menu's bright flavors! Think fresh Israeli salads and shawarma redolent with warming Mediterranean spices. Rich curries, full of tropical flavors like lemongrass, coconut and ginger. And, tomato bisque made with summery heirloom tomatoes frozen at the height of their freshness. Digging in now!



### PRODUCER SPOTLIGHT

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

Happy Valley Farms  
Madison Sourdough Co.  
Winterfell Acres  
Vitruvian Farms  
Driftless Organics



**roasted cauliflower-chickpea shawarma**  
with Israeli salad, dill yogurt sauce and pita



**heirloom tomato bisque**  
with grilled bread, spinach pistou and white bean purée



**Thai sweet potato coconut curry**  
over brown rice

### EXTRA GOODNESS lemon shortbread bars

Keep refrigerated and enjoy within 5 days.

Ingredients: Lemon juice, lemon zest, sugar, butter, eggs, flour, salt.

Contains: Wheat, egg, dairy.

#### 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-chickpea shawarma

with Israeli salad, dill yogurt sauce and pita

PREP &  
COOK TIME

20  
MINUTES

IN YOUR BAG

Roasted  
Cauliflower-  
Chickpea  
Shawarma

Israeli Salad

Lemon Oil  
Dressing

Dill Yogurt Sauce

Pita

Pair with the  
aromatic and  
minerally  
Királyudvar Tokaji  
Furmint Sec  
or  
with the hoppy  
Toppling Goliath  
Pseudo Sue  
Pale Ale

- 1 Preheat oven to 400°F. Reheat cauliflower on a sheetpan in preheated oven until heated through, 10 to 12 minutes. Warm Pita for a few seconds in the microwave or oven.
- 2 Shake lemon-oil dressing to emulsify then use to dress Israeli salad. Warm pita for a few seconds in the microwave or a few minutes in the toaster oven.
- 3 Portion cauliflower-chickpea shawarma and salad onto plates, serve with yogurt sauce and pita. Enjoy!

**Roasted Cauliflower-Chickpea Shawarma:** Cauliflower, garbanzo bean, olive oil, lemon juice, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, red chile flake.

**Israeli Salad:** Cabbage, cucumber, tomato, red onion, red bell pepper, yellow bell pepper, kalamata olive, parsley, mint, cilantro.

**Lemon Oil Dressing:** Olive oil, lemon juice.

**Dill Yogurt Sauce:** Greek yogurt (skim milk, cream, milk protein concentrate, pectin, enzymes), mayonnaise (sunflower oil, red wine vinegar, dijon, egg, salt, lemon), lime, lemon, tahini (sesame seed), garlic, dill, mint, salt.

**Pita:** Whole wheat flour, water, wheat gluten, honey, yeast, sunflower oil, salt, calcium propionate, enzymes.

**Contains:** *Wheat, sesame, dairy, olives, mint, cinnamon/nutmeg.*

② READY-TO-EAT

## heirloom tomato bisque

with grilled bread, spinach pistou and white bean purée

Reheat bisque in a saucepan over medium heat, stirring occasionally until hot, 6 to 8 minutes.

Preheat grill or skillet to medium heat. Drizzle bread with olive oil and grill or toast in the skillet until browned to your liking, 2 to 3 minutes per side.

Spread bean purée on toasted bread, ladle soup into bowls. Garnish soup and bread with pistou. Dig in!

**Heirloom Tomato Bisque:** Heirloom tomato, onion, vegetable stock, fennel, leek, garlic, cream, red pepper flake, red wine vinegar, salt, pepper.

**Pistou:** Spinach, basil, olive oil, garlic, red wine vinegar, salt.

**White Bean Purée:** White bean, olive oil, garlic, lemon, salt, pepper.

**MSCo Miche:** Whole wheat flour, rye flour, water, salt.

**Contains:** *Dairy, wheat, bean/lentil.*

③ FARM-TO-FREEZER

## Thai sweet potato coconut curry

over brown rice

See label for ingredients and cooking 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  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

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