

PASTURE AND PLENTY

DATE: MARCH 29, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

Blustery days and changing temps abound, but this week's menu should have you covered! A light and tangy vinaigrette brightens wintery roasted root vegetables right up to bring spring in. But if you need some warming, dig into the Somali Soup and green chile HOT sauce, and you'll be all set. And, hey, our fried rice is good anytime, right friends? Enjoy!



PRODUCER SPOTLIGHT

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

Driftless Organics
Winterfell Acres
Sassy Cow Creamery
JenEhr Family Farm
Marr's Valley View Farm



roasted root vegetable salad
with quinoa, herbed ricotta
and pistachio vinaigrette



Somali gigante bean soup
with green chile hot sauce, radish
and cabbage



P&P fried rice
with edamame and sweet potato

EXTRA GOODNESS Morroccan peanut cookies

Store at room temperature for up to 7 days.

Ingredients: Peanut, sugar, egg, cinnamon, ginger, baking powder.

Contains: Peanut, egg, cinnamon.

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 root vegetable salad

with quinoa, herbed ricotta and pistachio vinaigrette

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG
Roasted Beets

Root Vegetables

Herbed Ricotta

Kale

Quinoa

Pistachio
Vinaigrette

Pair with the smooth and brightly acidic Salcheto "Biskero" Chianti or with the malty Bière de Garde Ambrée Farm-house Ale from Giant Jones

- 1 Preheat oven to 400°F. Spread pre-roasted root vegetables and beets in one layer on a sheet tray. Roast until hot, about 5 to 7 minutes.
- 2 Strip kale from stem and rip into bite sized pieces. In a large bowl, toss kale, quinoa, beets and root vegetables with the vinaigrette, adding salt and pepper to taste.
- 3 Spread half the ricotta on a serving plate; place dressed salad on top. Top plated salad with remaining ricotta. Enjoy!

Roasted Beets: Red beet, golden beet, water, bay leaf, chile de arbol, red wine vinegar, salt, pepper.

Roasted Root Vegetables: Carrot, celeriac, kohlrabi, olive oil, salt, pepper.

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

Quinoa: Red quinoa, white quinoa, water, salt, bay leaf, chile de arbol, pepper.

Pistachio Vinaigrette: Sunflower oil, pistachio, white wine vinegar, caramelized shallot, honey, lemon, lime, orange, dijon mustard, salt, pepper.

Kale

Contains: Dairy, tree nut, raw allium.

② READY-TO-EAT

Somali gigante bean soup

with green chile hot sauce, radish and cabbage

Warm soup over medium heat until hot, about 6 to 8 minutes, stirring occasionally.

Give radish a rinse and slice as thinly as desired.

Ladle soup into bowls and garnish with cabbage, radish and hot sauce (careful, it's *spicy*), as desired.

Somali Gigante Bean Soup: Vegetable stock, gigante bean, yellow squash, zucchini, tomato, onion, garlic, serrano, cilantro, coriander, cardamom, lime, canola oil, salt, pepper.

Green Chili Hot Sauce: Jalapeño, serrano, poblano, garlic, white vinegar, salt.

Radish

Cabbage

Contains: Beans/lentils..

③ FARM-TO-FREEZER

P&P fried rice

with edamame and sweet potato

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

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