

# PASTURE AND PLENTY

DATE: APRIL 5, 2021 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Next week is looking glorious and our first GRILL recipe for the season (Peruvian Sandwiches) should be just what is needed. Light those fires and get cooking, friends. Or, take it easy one night and just heat up some soup topped with our crispy, crunchy, herby croutons. Even easier? Pop the South African Curry, a member-fave, right in the oven. Let's dig in!



### PRODUCER SPOTLIGHT

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

Madison Sourdough Co.

Sartori Cheese

Arndt Farms

Driftless Organics

JenEhr Family Farm

Alsum Sweet Corn



### Peruvian sweet potato sandwich

on ciabatta with three bean salad



### quinoa cabbage soup

with herbed croutons and sarvecchio



### South African butternut squash and peanut curry

with brown rice

#### EXTRA GOODNESS

#### chocolate mousse

Keep refrigerated, enjoy within 5 days.

Ingredients: Tofu, chocolate, maple syrup.

Contains: Soy, 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

## Peruvian sweet potato sandwich on ciabatta with three bean salad

PREP &  
COOK TIME

20  
MINUTES

IN YOUR BAG

Sweet Potato

Marinade

Green Sauce

Ciabatta Bun

Three Bean Salad

Mixed Greens

Pair with the light  
and crisp Bernard  
Baudry Chinon  
Rosé  
or  
with the crisp and  
herbal To Those  
Who Wait Pilsner  
from Working  
Draft

- 1 Peel sweet potato, slice into steaks about a 1/4 inch thick and toss with marinade. Let marinate while preheating grill (or up to overnight).
- 2 Preheat grill for high heat and slice ciabatta buns.
- 3 Cook sweet potato steaks until nicely charred on one side, about 5 to 6 minutes, flip and repeat with other side until they are soft. Remove from grill and quickly toast ciabatta buns.
- 4 To assemble sandwich: Spread green sauce on one half of buns, top with sweet potato, mixed greens and other bun. Give three bean salad a toss and portion onto plates. Dig in!

**Sweet Potato**

**Marinade:** Canola oil, garlic, salt, white vinegar, cumin, paprika, black pepper.

**Green Sauce:** Mayonnaise (sunflower oil, egg, red wine vinegar, dijon, salt, pepper), sour cream (cultured cream, salt), olive oil, lime, white vinegar, jalapeño, aji amarillo, cilantro, salt, pepper.

**Ciabatta Bun:** Flour, water, salt, yeast.

**Three Bean Salad:** White kidney bean, small red bean, flageolet bean, tomato, red onion, red wine vinegar, parsley, lime, salt, pepper.

**Mixed Greens**

**Contains:** *Wheat, dairy, raw allium.*

② READY-TO-EAT

## quinoa cabbage soup with herbed croutons and sarvecchio

Heat soup in saucepan over medium heat until hot, stirring occasionally, about 6 to 8 minutes.

Divide soup into bowls, top with herbed croutons and shredded sarvecchio. Enjoy!

**Farro Cabbage Soup:** Vegetable stock, green cabbage, red cabbage, onion, farro, garlic, herbs, sherry vinegar, salt, pepper.

**Herbed Croutons:** Flour, water, salt, yeast, olive oil, thyme, rosemary, parsley, chives, dill, salt, pepper.

**Sarvecchio:** Milk, cultures, salt, enzymes.

**Contains:** *Wheat, dairy.*

③ FARM-TO-FREEZER

## South African butternut squash and peanut curry with 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