

PASTURE AND PLENTY

DATE: APRIL 26, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited! Your meal kits are chock-full of locally-grown goodness this week. Think: mixed greens, radishes, wild-foraged ramps, spring-dug parsnips, mushrooms, chives and more. Fresh Spring veg paired with our international-inspired menu? It's like we're traveling to exotic, and warm, locales! Soon, friends. Soon. But enjoy the (nearby) bounty for now!



PRODUCER SPOTLIGHT

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

Vitruvian Farms

JenEhr Family Farm

Driftless Organics

Winterfell Acres

Wild-Foraged Ramps



Cuban-style mushrooms

with rice, beans, roasted carrots and parsnips, house-made pickles and mojo sauce



Korean-inspired chickpea

salad with mixed greens, radishes, ramps and crispy wontons



dal makhani over brown rice

EXTRA GOODNESS

P&P granola

Store at room temperature.

Ingredients: Old fashioned oats, pecans, pumpkin seeds, unsweetened coconut, cranberries, flaxseed, almonds, maple syrup, light brown sugar, virgin coconut oil, vanilla extract, kosher salt.

Contains: Tree Nuts, coconut.

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

Cuban-style mushrooms with rice, beans, roasted carrots and parsnips, house-made pickles and mojo sauce

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Roasted Local
Mushrooms

Rice

Beans

Mojo Sauce

House-Made
Pickles

Parsnips and
Carrots

Pair with the
bright and fruity
Municipal "Bright
Red" Blend
or
with the tropical
Mojito from Plain
Spoke Cocktail
Company
(in Sun Prairie!)

- 1 Preheat oven to 400°F. Toss carrots and parsnips with a splash of olive oil, salt and pepper. Place in a single layer on a baking sheet. Roast in oven until tender and beginning to brown, 15 to 20 minutes.
- 2 While vegetables are roasting, reheat rice and beans, separately, over medium heat on the stovetop or in the microwave.
- 3 With about 5 minutes remaining on the roasting vegetables, pull the tray from the oven and add the mushrooms to reheat in the oven.
- 4 When vegetables and mushrooms are finished cooking, divide pork, rice, beans, and veggies evenly onto plates. Top with Mojo sauce, put pickles on the side, and enjoy!

Roasted Local Mushrooms: Chestnut mushroom, shiitake mushroom, oyster mushroom, onion, olive oil, garlic, lemon, jalapeño, cilantro, oregano, salt, pepper.

Rice: Converted rice, water, bay leaf, chile de arbol, garlic, salt, pepper, cilantro.

Beans: Black bean, water, onion, garlic, orange, salt, pepper, chile de arbol, cilantro.

Mojo Sauce: Orange, lime, olive oil, garlic, jalapeño, cilantro, oregano, salt, pepper.

House-Made Pickles: Cucumber, pearl onion, garlic, white distilled vinegar, dill, sugar, spices.

Parsnips and Carrots

Contains: Mushroom, bean/lentil, raw allium.

② READY-TO-EAT

Korean-inspired chickpea salad with mixed greens, radishes, ramps and crispy wontons

Give radishes and ramps a rinse, then thinly slice.

In a large bowl, dress mixed greens, sliced radishes and ramps with gochujang vinaigrette, then divide evenly onto plates.

Give chickpea salad a toss to distribute the dressing then divide that evenly onto plates, top with crispy wonton strips and enjoy!

Korean Style Chickpea Salad: Chickpea, cucumber, celery, sesame seed, mustard seed, onion, scallion, gochujang (wheat flour, corn syrup, water, hot pepper powder, salt, wheat, distilled alcohol, defatted soybean powder, koji), lemon, rice vinegar, sugar, salt, pepper.

Gochujang Vinaigrette: Sunflower oil, gochujang (wheat flour, corn syrup, water, hot pepper powder, salt, wheat, distilled alcohol, defatted soybean powder, koji), rice vinegar, sugar, sesame oil, soy sauce, garlic.

Crispy Wonton Strips: Enriched wheat flour, water, salt, potato starch, citric acid, cornstarch.

Radishes and Ramps

Contains: Bean/lentil, sesame, wheat, soy, raw allium.

③ FARM-TO-FREEZER

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