

PASTURE AND PLENTY

DATE: MAY 10, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

And a happy Monday it is! Our Mediterranean nachos are back and we can't wait to dig into their crispy, crunchy and fresh goodness. We're also excited to share our Soba salad; bright with fresh veg, but hearty from the buckwheat noodles and peanut, it's tasty! And, the new, updated, galettes from Tart Baked Goods are here. Let us know what you think, friends.



PRODUCER SPOTLIGHT

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

Arndt Farms
Pinn-Oak Ridge Farm
Elderberry Hill Farms
Winterfell Acres
Raleigh's Hillside Farm
Tart Baked Goods



Meditarranean nacho kit with gyro-spiced roasted cauliflower



Thai peanut soba noodle salad with Spring vegetables



roasted vegetable galettes from Tart Baked Goods with Spring greens and house vinaigrette

EXTRA GOODNESS graham crackers

Store at room temperature and enjoy within 5 days.

Ingredients: Whole wheat flour, butter, sugar, egg, vanilla, cinnamon, salt

Contains: Wheat, dairy, egg, 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

Mediterranean nacho kit with gyro-spiced roasted cauliflower

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

Pita

Greek Chopped "Salsa"

Crispy Chickpeas

Gyro-Spiced Cauliflower

Arugula

Pair with the lemony and mineral-laden Land of Saints Chardonnay or with the citrusy and grassy Ponytail Aspirations Hazy Wheat Double IPA from Young Blood Beer Company

- 1 Preheat broiler. Cut each pita into 8 wedges. Cover a sheet pan with foil and lay out the wedges in a single layer, spritz both sides with cooking spray or brush with oil. Leave space to spread out roasted cauliflower on sheet pan, too.
- 2 Broil pita wedges until well toasted, 2 to 3 minutes per side. Stir cauliflower when flipping pita toasts.
- 3 Layer pita wedges and cauliflower onto plate. Top with chopped salsa and dollops of yogurt feta sauce.
- 4 Place arugula and a sprinkle of crispy chickpeas on top of everything. Enjoy!

Crispy Chickpeas: Garbanzo bean, canola oil, spices, salt, pepper.

Pita: Wheat flour, water, sunflower oil, yeast, sugar, salt, calcium propionate, enzymes, fumaric acid.

Whipped Yogurt Feta: Feta (milk, culture, salt, enzyme), greek yogurt (milk, cream, milk protein concentrate, pectin, enzymes, cultures), garlic, olive oil, salt, pepper.

Gyro Spiced Cauliflower: Cauliflower, garlic, rosemary, oregano, spices, salt, pepper.

Greek Chopped "Salsa": Cherry tomato, cucumber, red onion, kalamata olive, feta, salt, pepper, red wine vinegar.

Contains: Bean/lentil, wheat, dairy, raw allium, olive.

② READY-TO-EAT

Thai peanut soba noodle salad with Spring vegetables

Empty noodles and vegetable jar into large bowl. Toss with dressing to coat and divide onto plates. Enjoy!

Layered Vegetable Salad: Purple cabbage, carrot, edamame, oyster mushroom, button mushroom, soy-pickled baby bok choy (baby bok choy, soy sauce, water, rice wine vinegar, sugar, salt), red bell pepper, scallion, cilantro, sesame seed.

Soba Noodles: Wheat flour, water, buckwheat flour, corn starch, wheat gluten, salt, sodium benzoate, canola/soybean oil.

Thai Peanut Ginger Dressing: Sunflower oil, rice wine vinegar, honey, soy sauce, peanut butter, sambal (chili, salt, distilled vinegar, potassium sorbate & sodium bisulfate, xanthan gum), sesame oil, salt, ginger, roasted garlic.

Contains: Soy, wheat, peanut, sesame, mushroom, bean/lentil, honey.

③ FARM-TO-FREEZER

roasted vegetable galettes from Tart Baked Goods with Spring Greens and house vinaigrette

Toss mixed greens with desired amount of house vinaigrette.

See galette 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