

PASTURE AND PLENTY

DATE: MAY 17, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're excited to share this week's menu with you, friends. Our fan-favorite salmon and black bean burgers are back! And we're debuting a new recipe for Korean rice bowls with a umami-laden barbeque sauce that is just popping with flavor. Then, to finish it off, there's a homey and comforting baked ziti. Bring on the local goodness!



PRODUCER SPOTLIGHT

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

Reimer Family Farm

Sitka Salmon Shares

Madison Sourdough Co.

Elderberry Hill Farms

Winterfell Acres

Raleigh's Hillside Farm

Sartori Cheese

JenEhr Farmily Farms

EXTRA GOODNESS

strawberry spelt muffins

Store at room temperature and enjoy within 5 days.

Fun Fact: Spelt is an ancient form of wheat, one of the very first to make bread. It is high in protein and complex in flavor, and an easy swap for all-purpose flour in your kitchen!

Ingredients: AP flour, spelt flour, sugar, milk, egg, oil, baking powder, salt.

Contains: Wheat, dairy, egg.



black bean burger

with remoulade, MSCo brioche bun and roasted grain salad



Korean cauliflower balls

over scallion rice with root veggie slaw



baked ziti with roasted fennel, charred eggplant and sarvecchio besciamella

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

black bean burger with remoulade, MSCo brioche bun and roasted grain salad

PREP & COOK TIME

15
MINUTES

IN YOUR BAG

Black Bean Burger

Green Garlic Remoulade

Brioche Bun

Grain Salad

Red Cabbage Slaw

Pair with the complex and zesty Fraga do Corvo Godello or with the refreshing, canned Gin & Tonic from Chicago Distilling

- 1 Form black bean burger mix into desired number of patties. Heat skillet over medium heat for a minute or two, then swirl in a small amount of olive oil.
- 2 Place burgers in skillet; cook until browned on one side, about 4 minutes. Turn burger over; cook about 3 minutes more, until browned on second side and internal temperature reaches 145°F.
- 3 Meanwhile, toast brioche bun in a toaster or under the broiler until lightly browned. Place burger on bottom bun, followed by slaw, remoulade and top bun.
- 4 Serve with roasted grain salad, remaining slaw and remoulade. Enjoy!

Black Bean Burger: Black bean, onion, poblano pepper, garlic, chile en adobo, queso fresco (milk, salt, enzymes), mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium edta, natural flavors), egg, panko, spices, walnut, salt, pepper.

Remoulade: Sunflower oil, egg, red wine vinegar, Dijon mustard, salt, pepper, caper, cornichon, parsley, lemon juice, horseradish, pepper.

MSCO Brioche Bun: AP flour, butter, sugar, egg, milk powder, yeast, salt.

Grain Salad: Farro, carrot, parsnip, radish, kale, sunflower oil, red onion, red wine vinegar, balsamic vinegar, whole grain mustard, brown sugar, garlic, salt, pepper.

Cabbage Slaw: Green cabbage, red cabbage, scallion, apple cider vinegar, salt, sugar, pepper.

Contains: Egg, wheat, dairy, raw allium, tree nuts.

② READY-TO-EAT

Korean cauliflower balls over scallion rice with root veggie slaw

Preheat oven to 375°F. Place cauliflower balls (they are pre-cooked) in a shallow baking dish; cover with foil. Reheat in the preheated oven until heated through, about 20 minutes.

Meanwhile, reheat scallion rice over medium heat on the stovetop for 4-6 minutes, adding a bit of water, or in the microwave for 1 to 2 minutes. Also give slaw a stir to redistribute dressing.

Divide rice onto individual serving plates. Top with slaw and meatballs; drizzle with Korean BBQ sauce.

Cauliflower Meatballs: Cauliflower, brown rice, quinoa, egg, oat flour, salt, spices, parsley, chive.

Scallion Rice: Converted rice, water, scallion, salt, pepper.

Root Veggie Slaw: Celeriac, carrot, baby bok choy, red bell pepper, beauty heart radish, spinach.

Korean Inspired BBQ Sauce: Soy sauce, rice wine vinegar, mirin, gochujang (wheat flour, corn syrup, water, hot pepper powder, salt, wheat, distilled alcohol, defatted soybean powder, koji), ginger, garlic, shallot, sesame oil, sesame seed, scallion, agave, salt, pepper.

Contains: Egg, wheat, soy, sesame, raw allium.

③ FARM-TO-FREEZER

baked ziti with roasted fennel, charred eggplant and sarvecchio besciamella

See 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

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