

# PASTURE AND PLENTY

DATE: MAY 24, 2021 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Our menu this week is just bursting with farm-fresh bounty. The couscous salad, alone, has radishes, turnips and asparagus from three different local farms: Crossroads Community, Driftless Organics, and Marshview! That's just one part of one meal and the growing season is only going to get better. Wisconsin farms are the best farms, don't 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:*

Elderberry Hill Farm

Winterfell Acres

JenEhr Family Farm

Driftless Organics

Crossroads Community Farm

Marshview Farm

Vitruvian Farm



**paneer kabobs** with chimichurri and grilled vegetable couscous



**beet, carrot, quinoa, spinach salad** with agave cilantro lime vinaigrette



**tofu lo mein** with charred cabbage, oyster mushrooms and Spring vegetables

### EXTRA GOODNESS

**chocolate peanut butter oat bar**

Store at room temperature and enjoy within 5 days.

Ingredients: Oats, peanut butter, peanuts, puffed rice cereal, brown sugar, butter, chocolate chips, honey, vanilla, salt.

Contains: Peanut, dairy, chocolate, honey.

### 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

**paneer kabobs** with chimichurri and grilled vegetable couscous

PREP & COOK TIME

15  
MINUTES

IN YOUR BAG

Paneer

Chimichurri

Lemon Couscous

Vegetables

Wooden Skewers

Pair with the ripely fruity and medium-bodied Jasci Pecorino 2019 or with the Justif-I-ed PA Hazy West Coast IPA from Working Draft Beer Co.

- 1 Preheat your grill for medium-high heat, if grilling. While it is warming up, soak yours skewers in water for 10 minutes to keep them from charring.
- 2 Cut your radishes and turnips in half and trim the ends, snap the woody ends off your asparagus. Toss vegetables in olive oil, salt and pepper.
- 3 Cut your paneer into even bite sized pieces, season with a splash of olive oil, salt and pepper. Put them onto your skewer(s).
- 4 If grilling, place your paneer on the grill. Otherwise, preheat a heavy bottomed skillet over high heat for 2 minutes, add a drizzle of olive oil and cook your paneer. Either way, flip your paneer every 2 minutes or so until browned and warm in the middle of the biggest piece.
- 5 If grilling, carefully place your asparagus, radish and turnip directly on the grill or in a grill basket. If not grilling, add your vegetables to the same skillet you cooked the paneer in. In both cases, cook the veg until well charred and slightly softened.
- 6 Microwave couscous with a splash of water until warm. Chop vegetables and mix into warm couscous.
- 7 Portion couscous salad onto plates, top with kabob and dress everything with chimichurri or serve on side.

**Paneer:** Milk, vinegar, salt.

**Chimichurri:** Sunflower oil, olive oil, red wine vinegar, cilantro, parsley, oregano, mint, jalapeño, shallot, garlic, red chile flake, salt, pepper.

**Lemon Couscous:** Couscous, water, onion, garlic, parsley, lemon, salt, pepper.

**Veggies:** Asparagus, radish, turnip.

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

② READY-TO-EAT

**beet, carrot, quinoa, spinach salad** with agave cilantro lime vinaigrette

Place beets, and all contents of mixed quinoa salad in a large mixing bowl.

Dress with agave lime vinaigrette and a little salt and pepper. Toss to distribute dressing.

Divide among plates, and garnish with pepitas. Enjoy!

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

**Mixed Quinoa Salad:** Quinoa (red quinoa, white quinoa, white wine, orange, chile de arbol, salt, pepper), carrot, pickled red onion (red onion, white vinegar, sugar, salt, spices), spinach, edamame.

**Agave Cilantro Lime Vinaigrette:** Sunflower oil, lime, agave, dijon mustard, cilantro, roasted garlic, salt, pepper.

**Spiced Pepitas:** Pepitas, olive oil, cumin, coriander, paprika, salt, pepper.

**Contains:** *Beans/lentils, raw allium.*

③ FARM-TO-FREEZER

**tofu lo mein** with charred cabbage, oyster mushrooms and Spring vegetables

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

2433 University Avenue  
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M 3:30pm-7:30pm T-F 11am-7pm  
SAT 9am-1pm