

PASTURE AND PLENTY

DATE: JUNE 1, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

It's an asparagus bonanza! With such a fleeting season, we just can't help putting this vegetable – one of our faves – into everything while we can. It's not in **every** meal (we do have some self control), but look for asparagus' distinctive earthy and complexly sweet, green goodness in both your lemon risotto and paneer masala! We hope you're as excited as we are.



**roasted oyster mushroom
and herbed gigante beans**
with lemon risotto, asparagus and
roasted shallot-garlic tarragon
compound butter



**buffalo cauliflower
garbanzo bean lettuce
wraps** with slaw and house-made
ranch dressing



paneer masala with asparagus,
spinach and brown rice



PRODUCER SPOTLIGHT

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

Bering Bounty

Marshview Farms

Vitruvian Farms

Elderberry Hill Farm

Winterfell Acres

Raleigh's Hillside Farm

Crossroads Community Farm

Circadian Organics

EXTRA GOODNESS

strawberry rhubarb crisp

Top strawberry rhubarb filling with
crisp topping. Bake in an oven
pre-heated to 350°F for 40 to 50
minutes, until golden brown and
bubbling. Store in refrigerator.

Ingredients: Strawberry, rhubarb, sugar,
butter, oat, ap flour, lemon juice,
cornstarch, sunflower oil, cinnamon,
vanilla, salt

Contains: Wheat, dairy, cinnamon.

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

roasted oyster mushroom and herbed gigante beans with lemon risotto, asparagus and roasted shallot-garlic tarragon compound butter

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Roasted Oyster
Mushrooms and
Herbed Gigante
Beans

Lemon Risotto
Asparagus

Roasted
Shallot-Garlic
Tarragon
Compound Butter

Pair Pair with the
juicy and light
Foradori Lezer
(great with a slight
chill) or with the
easily quaffable
Above Ground
Pool Lager from
Working Draft
Beer Company

- 1 Preheat oven broiler to high. Snap woody ends off asparagus stalks. Toss in olive oil, salt and pepper, place in single layer on baking sheet.
- 2 Gently heat a splash of olive oil in a sauté pan then add bean, mushroom and kale mix. Sauté until hot, about 6 to 8 minutes.
- 3 While beans are cooking, broil asparagus in oven until stalks are slightly charred, about 4 to 6 minutes.
- 4 Meanwhile, gently reheat risotto in saucepan with 1/2 cup of water until warm, bubbly and beginning to get sticky, about 6 to 8 minutes.
- 5 Divide risotto onto plates, top with bean sauté and asparagus. Top with compound butter, let melt slight and enjoy.

Roasted Oyster Mushroom, Gigante Beans and Kale:
Gigante bean, oyster mushroom, kale, parsley, rosemary, thyme, salt, lemon, red chile flake, salt, pepper.

Asparagus

Lemon Risotto: Arborio rice, vegetable stock, yellow onion, sarvecchio (milk, salt, cultures, enzymes), white wine, red wine vinegar, lemon, salt.

Roasted Shallot-Garlic Tarragon Compound Butter:
Butter, roasted shallot, roasted garlic, tarragon, lemon, red chile flake, salt, pepper.

Contains: Dairy, Bean/Lentil.

② READY-TO-EAT

buffalo cauliflower garbanzo bean lettuce wraps with slaw and house-made ranch dressing

Preheat oven to 400°F. While oven is preheating, separate leaf lettuce, wash under cold water, and then dry.

Bake cauliflower and garbanzo beans in preheated oven until hot and crispy, about 10 to 20 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave cauliflower on medium high until hot, about 3 to 5 minutes.

Divide cauliflower and beans onto lettuce wraps. Top with slaw and ranch dressing, or serve slaw on the side. Dig in!

Buffalo Cauliflower and Garbanzo Beans:
Cauliflower, garbanzo bean, celery, spices, butter, cayenne, distilled vinegar, water, garlic powder, salt.

House-Made Ranch: Buttermilk, sour cream, egg, sunflower oil, red wine vinegar, mustard, herbs, lemon, salt, pepper.

Kohlrabi Apple Carrot Slaw: Kohlrabi, carrot, apple, green cabbage, apple cider vinegar, salt, sugar, chive, cilantro, parsley.

Lettuce=

Contains: Dairy, egg, bean/lentil, raw allium.

③ FARM-TO-FREEZER

paneer masala with asparagus, spinach and brown rice

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