

PASTURE AND PLENTY

DATE: JUNE 14, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

This warm weather just calls for grilling, don't you think? Lucky for you, burgers (and a classic potato salad), are on the menu this week. Add in a quinoa salad, that's both crunchy and creamy, an umami-laden Taiwanese favorite in the Three Cup Chicken, and Triple Chocolate Cookie Dough for a sweet treat and the week is looking up! Isn't Summer grand, friends?



PRODUCER SPOTLIGHT

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

Niman Ranch
Madison Sourdough Co.
Winterfell Acres
Driftless Organics
Raleigh's Hillside Farm
Elderberry Hill
Marshview Farm

EXTRA GOODNESS

triple chocolate cookie dough

Bring dough to room temperature. Preheat oven to 325°F. Place cookies on a parchment-lined cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: Chocolate, white chocolate chips, butter, sugar, ground coffee, sea salt, cocoa powder, vanilla, egg, ap flour, baking soda, baking powder.

Contains: Chocolate, egg, dairy, wheat.



black bean-walnut burger
with onion jam and animal sauce;
potato salad, mixed greens and house
vinaigrette



**Mediterranean quinoa
salad** with hummus, crispy chickpeas,
olive dressing and pita



three cup tofu with roasted
vegetables and brown rice

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-walnut burger with onion jam and animal sauce; potato salad, mixed greens and house vinaigrette

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

Black Bean-Walnut Burger Mix

MSCo Brioche Bun

Red Onion Jam

Animal Sauce

Potato Salad

Winterfell Acres Greens

House Vinaigrette

Pair with Cabernet Sauvignon from The Fableist or Double Red Ale from Giant Jones

- 1 Preheat oven or grill to 400°F. Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly.
- 2 If working inside, heat a small amount of olive oil or butter in a skillet over medium high heat. Place burgers in skillet or on the grill and cook, turning only once, until internal temperature (measured with an instant thermometer) reads 160°F, or until done to your taste. * About 9 to 11 minutes.
- 3 Toast bun or warm for a few seconds in microwave. Spread onion jam on bottom bun, top with burger, arugula, animal sauce, and top bun. Serve potato salad and greens topped with vinaigrette alongside burger. Enjoy!

*Consuming raw or undercooked burgers may increase your risk of foodborne illness.

Black Bean Walnut Burger Mix: Black bean, onion, poblano pepper, garlic, chipotle, walnut, queso fresco (milk, salt, enzymes), mayonnaise (sunflower oil, egg, red wine vinegar, dijon, salt), egg, panko (wheat flour, cane sugar, yeast, salt).

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

Red Onion Jam: Red onion, red wine, brown sugar, thyme, balsamic vinegar, olive oil, salt, pepper.

Animal Sauce: Mayonnaise (sunflower oil, egg, red wine vinegar, dijon, salt), ketchup (tomato, distilled vinegar, sugar, salt, onion powder, spice, natural flavoring), mustard, shallot, garlic, caper, spices.

Potato Salad: Yellow potato, red potato, purple potato, red onion, scallion, sour cream, white wine vinegar, whole grain mustard, olive oil, dill, salt, pepper.

House Vinaigrette: Sunflower oil, roasted garlic, caramelized red onion, whole grain mustard, red wine vinegar, salt, xanthan gum.

Greens

Contains: Egg, dairy, wheat, beef, raw allium.

② READY-TO-EAT

Mediterranean quinoa salad with hummus, crispy chickpeas, olive dressing and pita

Empty quinoa salad into a large bowl. Dress with olive dressing, toss to combine all ingredients.

Portion hummus onto individual plates, spread across the plate. Top hummus with dressed salad and serve with pita. Dig in!

Mediterranean Quinoa Salad: Yellow quinoa, red quinoa, red bell pepper, yellow bell pepper, pickled red onion (red onion, white vinegar, rice wine vinegar, sugar, salt), red russian kale, feta (milk, salt, cheese culture, enzymes, potato starch), cherry tomato, cucumber, garbanzo bean, mixed radishes.

Roasted Garlic Lemon Hummus: Garbanzo bean, garlic, tahini, lemon, salt, baking soda, olive oil.

Pita: Whole wheat flour, water, wheat gluten, honey, yeast, sunflower oil, salt, calcium propionate, enzymes.

Olive Dressing: Olive oil, red wine vinegar, kalamata olive, lemon, basil, oregano, red pepper, salt, pepper.

Contains: Wheat, olives, raw allium, sesame.

③ FARM-TO-FREEZER

three cup tofu with roasted vegetables 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

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