

① THE COOK KIT

grilled zucchini melt

with cabbage, cranberry and walnut slaw

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Zucchini

Clasens Brat Bun

Cabbage,
Cranberry and
Walnut Slaw

Sautéed Pepper
and Onions

House-Made
Mustard

Gruyere

Pair with the
slightly chilled
Cardedu "Astili"
Rosso Sardega
or the
quintessential
summer beer
Bell's Oberon
Wheat Ale

- 1 Preheat broiler. Preheat grill for medium heat. Alternatively, heat oil in a heavy bottomed skillet over medium high heat until shimmering.
- 2 Slice zucchini into halves and drizzle with olive oil, salt and pepper. Grill or sear in a pan until deeply colored on one side, flip and repeat until zucchini is just cooked through. 3 to 4 minutes per side. Slice and toast bun over grill or in the same pan if desired.
- 3 Layer grilled zucchini into bun, cut to fit if necessary. Top with peppers and onions, mustard if desired (give it a taste first, it's a bit spicy!) and then shredded gruyere. Broil until cheese is melted, checking frequently to prevent a burnt bun.
- 4 Give slaw container a shake to redistribute dressing, serve alongside finished grilled zucchini melt.

Clasens Brat Bun: Ap flour, water, yeast, salt.

Cabbage, Cranberry and Walnut Slaw: Green cabbage, purple cabbage, carrot, scallion, cranberry, walnut, greek yogurt, cider vinegar, maple syrup, dijon mustard, salt, pepper.

Housemade Mustard: Beer, mustard powder, cider vinegar, mustard seed, honey, salt, thyme, parsley, rosemary, turmeric.

Sautéed Peppers and Onions: Red bell pepper, green bell pepper, yellow onion, yellow bell pepper, red wine vinegar, garlic, olive oil, salt, pepper.

Gruyere: Milk, salt, enzymes.

Contains: Raw allium, wheat, dairy, egg, tree nut.

② READY-TO-EAT

Mapo tofu with crispy scallion sesame rice cakes

Empty mapo tofu into a large saucepan and bring to a simmer. Simmer, stirring occasionally to prevent burning, until slightly thickened and hot, 5 to 7 minutes.

While tofu reheats, heat a splash of oil in a nonstick saute pan over medium heat until shimmering. Sear rice cakes on one side until they are lightly browned and crispy, 3 to 4 minutes. Repeat on other side.

When everything is hot, divide cakes onto plates and top with thickened mapo tofu stew.

Mapo Tofu: Tofu (water, soybean, calcium sulfate), turnip, radish, shittake mushroom, dried chile pepper, fermented black bean, doubanjiang (chile pepper, water, fermented soybean paste, fermented broad bean paste, sugar, corn starch, chile pepper powder, garlic, soybean oil, lactic acid), ginger, garlic, cornstarch, soy sauce, sesame oil, sichuan peppercorn.

Crispy Scallion Sesame Rice Cakes: Sushi rice, water, rice wine vinegar, scallion, salt, sesame seed, sesame oil.

Contains: Mushroom, soy, sesame, bean/lentil.

③ FARM-TO-FREEZER

chana masala over 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
608.665.3770 • pastureandplenty.com

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