PASTURE AND PLENTY

DATE: JULY 19, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're featuring another recipe from Farmer Lauren at Raleigh's Hillside Farm this week! Enjoy both her grandmother's recipe for Zucchini Pie – it's been a favorite in her family for decades – and the fresh vegetables (think: allll of the zucchini, scallions, and herbs galore) from Lauren's farm that went into making it. It doesn't get much more local than that, eh, friends?

zucchini pie with lacinato kale and lemon vinaigrette

tomato, herb and kale tabbouleh with citrus grilled eggplant

baked penne alla vodka with radicchio and shiitake mushrooms

PRODUCER SPOTLIGHT

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

Raleigh's Hillside Farm

Vitruvian Farms

Winterfell Acres

Crossroads Community Farm

Green Barn Farm

EXTRA GOODNESS

blueberry lemon parfait

Keep refrigerated. Enjoy within 3 days.

Ingredients: Blueberries, lemon curd (egg, sugar, lemon, butter, salt), chantilly cream (heavy cream, sugar, vanilla).

Contains: Dairy, egg.

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

zucchini pie

with lacinato kale and lemon vinaigrette

PREP & COOK TIME

45

MINUTES

IN YOUR BAG

Zucchini, Parsley, Scallion, Lacinato Kale

Lemon Vinaigrette

SarVecchio and Herbs

Dry Mix

Wet Mix

Pair with the dry and fresh Casa do Valle Vinho Verde or the crisp Crew Drive Brut Pils from Central Waters Brewing Co.

1. Preheat oven to 350°F. Finely chop parsley. Set aside in a large bowl.
2. In a large bowl, combine parsley with wet mix, sarvecchio, and salt and pepper. Stir until well combined.
3. Thinly slice zucchini and scallions. Add to bowl with dry mix. Stir until all ingredients are combined, but the mixture is not overmixed.
4. Pour into a greased 9-inch pie pan (or 9×9 baking dish). Bake for 25 to 35 minutes until golden brown on top. Wait for the pie to take on a golden hue before removing it to the oven. If it's not golden brown on top, the middle will likely not be cooked through.
5. While pie is baking, wash and dry kale. Strip kale leaves from stems, slice and massage with vinaigrette and salt and pepper (to taste) in a bowl. Massaging the greens and dressing them in advance takes the edge off, and makes them tender enough to eat without cooking.
6. Serve zucchini pie warm alongside kale salad. Enjoy!

Dry Mix: AP flour, butter, baking soda, salt.

Wet Mix: Egg, canola oil.

Sarvecchio & Herbs: Sarvecchio (milk, salt, culture, enzymes), parsley, basil, thyme, rosemary.

Lemon Vinaigrette: Sunflower oil, olive oil, lemon, sugar, salt.

Zucchini, Parsley, Scallion, Lacinato Kale.

Contains: Egg, dairy, wheat.

2 READY-TO-EAT

tomato, herb and kale tabbouleh with citrus grilled eggplant

The citrus grilled eggplant can either be enjoyed chilled, as it's pre-grilled, or hot. If you would like to serve the eggplant warmed up, preheat the broiler then toss eggplant with a bit of olive oil and place on a sheet pan. Place sheet pan under the broiler for a few minutes, checking and giving a stir often, to heat it up and get crisped edges. The eggplant could also be heated in the microwave for 2 to 3 mintues, stirring every 30 seconds.

Give tabbouleh a quick stir to redistribute the dressing. Place tabbouleh on plates and top with eggplant.
Dig in!

Tabbouleh: Bulgur wheat, cherry tomato, kale, scallion, parsley, mint, garlic, lemon juice, olive oil, salt, pepper.

Citrus Grilled Eggplant: Eggplant, orange juice, olive oil, red wine vinegar, garlic, shallot, parsley, thyme, rosemary, red pepper flake, salt, pepper.

Contains: Wheat, raw allium, mint.

3 FARM-TO-FREEZER

baked penne alla vodka with radicchio and shiitake mushrooms

See label for ingredients and reheating instructions.

YOU CAN'T BUY HAPPINESS BUT YOU CAN BUY LOCAL

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