

PASTURE AND PLENTY

DATE: SEPTEMBER 13, 2021 | VEGETARIAN

HOORAY, IT'S TUESDAY!

It's a week full of some of our top hits, friends. P&P's pizza kit with our house-made dough.... check! Enchilada bake featuring locally made, small batch tortillas... check! Summer veggie laden minestrone..... check! And, what's that you say? Chocolate zucchini cake with chocolate ganache drizzled all over the top? Oh, double check on that one. Bring on the local goodness!



P&P pizza kit
with red onion jam, late Summer vegetables, ricotta and oyster mushrooms



zucchini and sweet corn enchilada kit
with salsa verde, Tortilleria Zepeda tortillas and red beans & rice



minestrone
with roasted cherry tomatoes and cannellini beans



PRODUCER SPOTLIGHT

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

Vitruvian Farms
Winterfell Acres
Raleigh's Hillside Farm
Tortilleria Zepeda

EXTRA GOODNESS

chocolate zucchini cake

Instructions: Keep refrigerated. Bring to room temperature before serving.

Ingredients: Zucchini, ap flour, sugar, chocolate chips, cocoa powder, sunflower oil, eggs, plain greek yogurt, vanilla, espresso powder, baking soda, baking powder, salt, cream..

Contains: Dairy, wheat, 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

P&P pizza kita with red onion jam, late Summer vegetables, ricotta and oyster mushrooms

PREP &
COOK TIME

90
MINUTES

IN YOUR BAG

Pizza Dough

Vegetable Bag

Oyster
Mushrooms

Onion Jam

Ricotta

PAIR WITH

the full-bodied and bright Jasci Montepulciano d'Abruzzo or with the hoppy Pompeii IPA from Toppling Goliath

- 1 Bring dough to room temperature one hour before baking. Preheat oven to 425°F.
- 2 Remove dough from packaging with floured hands and place on lightly floured baking sheet. On the baking sheet, gently press down and stretch each pizza dough ball out to a 8 to 10" circle; they should be thin with slightly thicker edges.
- 3 Slice the zucchini into thin coins, seed and slice the peppers, and strip the leaves from the kale before cutting finely. Toss all the veg with a little olive oil, salt, and pepper.
- 4 Smear the top of the dough with the onion jam. Scatter the veg and oyster mushrooms evenly over crust; layer house-made ricotta by spoonfuls on top.
- 5 Bake in preheated oven until crust is golden brown and cheese is melted, about 15 to 20 minutes.
- 6 Remove from oven and slice with a large knife or pizza cutter. Dig in!

Pizza Dough: Bread flour, water, 00 flour, olive oil, yeast, salt **Vegetable Bag:** zucchini and/or squash, kale, sweet peppers **Onion Jam:** Red onion, red wine, balsamic vinegar, brown sugar, olive oil, salt, thyme, pepper **Ricotta:** Whole milk, heavy cream, buttermilk, lemon, salt

Contains: Dairy, wheat, mushroom

② READY-TO-EAT

zucchini & sweet corn enchilada kit

Preheat oven to 400°F. Warm a skillet over medium heat. Warm each tortilla in the skillet, flipping often, about 5 seconds a side, until warm and foldable. Stack and wrap in a kitchen towel to keep warm. Brush a little salsa on both sides of each tortilla, divide filling onto tortillas and roll each one up, leaving the seam side down to keep from unrolling. Place them tightly into a baking dish and top with remaining sauce and cheese blend. Bake until cheese is melted and everything is heated through, about 20 minutes. While enchiladas bake, reheat the beans and rice on the stovetop over medium-low heat until warmed through. Plate the enchiladas next to the rice and beans and enjoy!

Filling: Zucchini, yellow squash, yellow onion, poblano pepper, garlic, spices, scallion, cilantro, salt, pepper **Salsa:** tomatillo, yellow onion, jalapeño, cilantro, vegetable stock, garlic, olive oil, salt **Cheese:** Chihuahua cheese (milk, salt, enzyme, culture), cheddar (milk, salt, enzyme, culture) **Rice & Beans:** Converted white rice, red bean, tomato, water, garlic, spices, salt, pepper **Tortillas:** Corn, sea salt, water, lime.

Contains: Dairy

③ FARM-TO-FREEZER

minestrone with roasted cherry tomatoes and cannellini beans

See label for instructions and ingredients.



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