

PASTURE AND PLENTY

SEPTEMBER 27, 2021 | VEGETARIAN

BEST ENJOYED BY: OCTOBER 1, 2021

HOORAY, IT'S MONDAY!

We're feeling Fall this week, y'all. And loving all the cool, crisp mornings and nights. They're perfect for dinners full of creamy wild rice soup, comforting cheese and tomato laden sub sammies, and rich, stewed lentils with warming spices. Hopefully our menu this week is like a cozy hug from us to you. Dig in and lean into the change of seasons!



cauliflower ball submarine sandwich
and greens with oregano vinaigrette



dal makhani
with basmati rice, naan and raita



creamy wild rice soup
with oyster mushrooms



PRODUCER SPOTLIGHT

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

Happy Valley Farm
Winterfell Acres
Raleigh's Hillside Farm
Vitruvian Farms
Jenifer Street Market
Stalzy's

EXTRA GOODNESS

P&P granola

Instructions: Store at room temperature for up to 2 weeks.

Ingredients: Old fashioned oats, pecans, pumpkin seeds, unsweetened coconut, cranberries, flaxseed, almonds, maple syrup, light brown sugar, virgin coconut oil, vanilla extract, kosher salt.

Contains: Tree nuts, coconut

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

cauliflower ball submarine sandwich
and greens with oregano vinaigrette

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Cauliflower Balls

Tomato Sauce

Four Cheese
Blend

Stalzy's Hoagies

Greens

Oregano
Vinaigrette

PAIR WITH

the full-bodied
and bright Jasci
Montepulciano
d'Abruzzo
or
with the hoppy
Double Red Ale
from Giant Jones

- 1 Heat the broiler to high with a rack no more than 6 inches from the heat source.
- 2 Lightly grease an oven-proof skillet with olive oil. Place the cauliflower balls in the prepared skillet. Broil the balls until browned and heated through, 5 to 7 minutes.
- 3 Move the skillet to the stovetop. Add the tomato sauce, stir to coat the cauliflower balls, and warm over medium-low heat.
- 4 Meanwhile, cut the hoagies in half and place them on a baking sheet, cut-side up. Broil the hoagies until lightly golden, about 1 to 2 minutes.
- 5 Divide the cauliflower balls and sauce among the hoagies, then top with cheese blend. Broil until the cheese is melted and browned in spots, about 2 to 4 minutes.
- 6 Plate sandwiches. Add greens topped with vinaigrette alongside. Dig in!

Cauliflower Balls: Cauliflower, brown rice, quinoa, oat flour, eggs, kale, spices, parsley, chive, salt **Tomato Sauce:** Tomato, onion, tomato paste, garlic, olive oil, salt, oregano, basil, red pepper flake **Four Cheese Blend:** Skim milk, whole milk, salt, enzymes, modified food starch, potassium sorbate, natamycin **Stalzy's Hoagies:** Flour, water, salt **Oregano Vinaigrette:** Sunflower oil, olive oil, dijon mustard, champagne vinegar, mayonnaise (sunflower oil, red wine vinegar, dijon mustard, egg, salt, lemon), shallot, garlic, oregano, thyme, rosemary, red pepper flake, salt, pepper

Contains: Dairy, egg, wheat

② READY-TO-EAT

dal makhani with basmati rice, naan and raita

Heat dal and rice in a separate sauce pans over medium-low heat for about 6 to 8 minutes until warmed through. If needed, add up to 1/4 cup of water to each, stirring occasionally to prevent sticking. Alternatively, reheat dal and rice in the microwave for 2 to 3 minutes until warmed through, adding a few tablespoons of water and occasionally stirring as necessary.

Naan can be reheated in a toaster or toaster oven for a few minutes or in the microwave for about 15 to 30 seconds.

Divide rice into bowls, ladle dal on top of rice and garnish with raita. Serve with naan and enjoy!

Dal: Lentil, small red bean, white onion, garlic, ginger, tomato, chili powder, garam masala (cardamom, cinnamon, clove, cumin, black pepper, coriander), water, cream, salt, sugar **Rice:** Basmati rice, water, cilantro, salt **Naan:** Wheat flour, milk, garlic, water, sunflower oil, sugar, salt, sodium bicarbonate, coriander leaves, yeast **Raita:** Yogurt (skim milk, cream, milk protein concentrate, pectin, enzymes), cream, cucumber, garam masala, cilantro, ginger, thai chile, sugar, salt

Contains: Dairy, wheat, mint, cinnamon

③ FARM-TO-FREEZER

creamy wild rice soup with oyster mushrooms

Defrost soup. Heat over medium heat in saucepan until hot, with up to 1/2 cup of water, broth or milk. See label for 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

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