PASTURE AND PLENTY

OCTOBER 11, 2021 | VEGETARIAN

BEST ENJOYED BY: OCTOBER 15, 2021

HOORAY, IT'S MONDAY!

Rainy weather calls for cozying up indoors. And our menu this week should be perfect for just that. Comforting roasted root veg and lentil loaf. Warming curry noodle soup. And one of our favorite soul-satifsying foods: smothered burritos. Stay dry, stay cozy, and dig in!

sheet tray lentil chickpea loaf
with fingerling potatoes, carrots and daikon radish

Thai red curry vegetable soup with rice noodles

smothered sweet potato black bean burritos with green chile sauce

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

Saffi Foods

EXTRA GOODNESS

pumpkin muffins
with oat pepita streusel

Instructions: Keep at room temperature and enjoy within two to three days.

Ingredients: Muffins (pumpkin, ap flour, sugar, eggs, sunflower oil, cinnamon, nutmeg, ginger, cloves, baking soda, salt), streusel (butter, ap flour, brown sugar, oats, pepita, cinnamon, salt).

Contains: Egg, dairy, wheat, cinnamon/nutmeg

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

sheet tray lentil chickpea loaf

with potatoes and root vegetables

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

Lentil Chickpea Loaf Mix

Tomato Glaze

Vegetable Bag

PAIR WITH

the oaky and darkly fruity Merf Cabernet Sauvignon or with the roasty and smooth Dad Bod Oatmeal Stout from Working Draft Beer Company

1. Preheat oven to 350°F. Peel carrots and daikon radishes. Cut carrots, daikon, and fingerling potatoes into similar sized pieces. Aim for around 1-inch to 1.5-inch chunks. Place the root veg and potatoes on a sheet pan, drizzle with olive oil and season with salt and pepper. Toss to coat evenly and spread it all around on the sheet pan. .
2. Divide the lentil loaf mixture into even oval pieces, about 4-inches by 3-inches. Nestle them between the root veg and potatoes on the sheet pan.
3. Brush the tomato glaze generously over the tops of the lentil loaves. And brush any extra over the tops of the potatoes and veg.
4. Bake in the oven for about 30 minutes, stirring the potatoes and root veg occasionally. You're looking for the potatoes and root veg to be tender and golden brown around the edges. The lentil loaf should regiester 160°F with an instant read thermometer!
5. Plate the lentil loaf, nestle the potatoes and veg

Lentil Chickpea Loaf Mix: Chickpea, lentil, celery, carrot, onion, panko, garlic, flaxseed, soy sauce, nutritional yeast, tomato, brown sugar, salt, pepper **Tomato Glaze:** Tomato, white wine vinegar, brown sugar, soy sauce, salt, pepper **Vegetable Bag:** Fingerling potato, carrot, daikon radish

Contains: Wheat, egg, dairy, soy

2 READY-TO-EAT

Thai red curry vegetable soup

Heat a pot of boilin, welll salted water. Drop rice noodles into water, stir to break up bunched noodles, and cook for about 6 to 8 minutes, until noodles are tender and al dente. Remove from pot, rinse with cool water. Set aside in a bowl and toss with a bit of oil.

Meanwhile, heat soup in a saucepan over medium-low heat for 6 to 8 minutes, until steaming hot.

While heating the soup and noodles, remove cilantro and basil leaves from stems. Thinly slice scallions, cilantro and basil leaves. Set aside.

Add the noodles to a bowl, pour piping hot soup over top, and garnish with the sliced herbs and scallion. Dig in!

Curry Soup: Coconut milk, onion, butternut squash, cauliflower, rainbow chard, cherry tomato, oyster mushroom, red curry paste (garlic, red chili pepper, soybean oil, lemongrass, galangal root, salt, shallot, coriander root, kaffir lime peel, spices), leek, garlic, ginger, thai chile. **Rice Noodles:** Rice flour, water **Scallions, Basil and Cilantro**

Contains: Coconut, mushroom

3 FARM-TO-FREEZER

smothered sweet potato black bean burritos with green chile sauce

See label for instructions and ingredients.

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