

PASTURE AND PLENTY

DECEMBER 6, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

We're excited to ring in a new, delicious, month with y'all, Meal Kit friends! Our Mediterranean nacho kit is back and we can't WAIT to dig into its crispy, creamy and fresh flavors (napkins at the ready, of course). And we're debuting two new dishes: a rich, dill-infused bean stew with tart pickled onions to brighten the palate as well as a new squash lasagna. Oh, happy day!



Mediterranean nacho kit with gyro-spiced ground beef & lamb



Romanian pork and bean stew with pickled red onion and dill gremolata



acorn squash, spinach and mushroom lasagna



PRODUCER SPOTLIGHT

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

- Crossroads Community Farm
- Madison Sourdough Co.
- RP's Pasta
- Saffi Foods
- BelGioioso Cheese

EXTRA GOODNESS

dark chocolate pudding

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Milk, heavy cream, chocolate chips, eggs, sugar, vanilla, cornstarch, salt.

Contains: Egg, dairy, chocolate

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

Mediterranean nacho kit with gyro-spiced ground beef and lamb

PREP &
COOK TIME

20

MINUTES

IN YOUR BAG

Gyro-spiced
Beef and Lamb

Pita

Whipped Feta
Yogurt Sauce

Greek "Chopped"
Salsa

Crispy Chickpeas

Arugula

PAIR WITH

the softly acidic
and juicy Foradori
Lezer Teroldego

or

with the light and
crisp Ten Snack
Czech Style Pale
Lager from
Working Draft
Beer Company

- 1 Preheat broiler. Cut each pita into 8 wedges, then tear each wedge in half through the pocket. You should have 16 pieces from each pita. Cover a sheet pan with foil and lay out the wedges in a single layer, spritz both sides with cooking spray or brush with oil.
- 2 Reheat lamb and beef mixture in a small saucepan with a splash of water until hot, about 6 minutes. Meanwhile, broil pita wedges until well toasted, 2 to 3 minutes per side, flipping halfway through.
- 3 Layer pita wedges and beef and lamb onto plate. Top with chopped salsa and dollops of yogurt feta sauce. Place arugula, and a sprinkle of crispy chickpeas, on top of everything. Enjoy!

Gyro-spiced Beef and Lamb: Beef, lamb, onion, garlic, rosemary, oregano, mint, spices, salt, pepper **Pita:** Wheat flour, water, sunflower oil, yeast, sugar, salt, calcium propionate, enzymes, fumaric acid **Whipped Feta Yogurt Sauce:** Feta (milk, culture, salt, enzyme), greek yogurt (milk, cream, milk protein concentrate, pectin, enzymes, cultures), garlic, olive oil, salt, pepper **Greek "Chopped" Salsa:** Tomato, cucumber, red onion, kalamata olive, feta (milk, culture, salt, enzyme), salt, pepper, red wine vinegar **Crispy Chickpeas:** Garbanzo bean, canola oil, spices, salt, pepper

Contains: Dairy, wheat, beef, lamb, olive

② READY-TO-EAT

Romanian pork and bean stew with pickled red onion and dill gremolata

Warm stew over medium-low heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes. Alternately, heat in microwave on medium high, stirring every minute, for about 4 minutes.

Portion hot stew into bowls, then garnish with pickled red onions and dill gremolata. Dig in!

Romanian Pork and Bean Stew: Pork and chicken stock, pork, red kidney bean, tomato, onion, celery, carrot, red bell pepper, red wine vinegar, dill, salt, caraway seed, pepper **Pickled Red Onion:** Red onion, white vinegar, rice vinegar, sugar, salt, chile de arbol, bay leaf, pepper **Dill Gremolata:** Breadcrumbs (flour, water, salt, olive oil, pepper), dill, garlic, lemon

Contains: Wheat, pork, poultry

③ FARM-TO-FREEZER

acorn squash, spinach and mushroom lasagna

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
608.665.3770 • pastureandplenty.com

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