

PASTURE AND PLENTY

JANUARY 24, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

Ready for a cold one? Brrrrr! We've got a whole slate of warming dishes in store for today in hopes that they'll help heat you up from the inside out. Spicy jerk flavors. Curries with warming spices like star anise, clove, pepper, cinnamon, nutmeg, and cardamom. Cozy stew loaded with vegetables. Hopefully, they hit the mark and help keep the cold at bay!!



jerk sweet potato sandwich
with lime slaw, Caribbean black beans
and pineapple mango salsa



chickpea cashew coconut
curry with basmati rice and cilantro
yogurt sauce



borscht with cabbage, parsnips,
celeriac and turnips



PRODUCER SPOTLIGHT

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

Arndt Farms
Madison Sourdough
Raleigh's Hillside Farm

EXTRA GOODNESS

p&p maple granola

Instructions: Store at room temperature and enjoy within two week.

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

WHOLE GRAIN SNACK SHARE (ADD-ON)

Rhythm Bakery crackers &
Landmark Creamery Pipit

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

jerk sweet potato sandwich with lime slaw, Caribbean black beans and pineapple mango salsa

PREP & COOK TIME

50 MINUTES

IN YOUR BAG

Sweet Potato

Jerk Marinade

Lime Slaw

Caribbean Black Beans

Pineapple Mango Salsa

MSCo Brioche Bun

PAIR WITH

the softly acidic and juicy

Foradori Lezer

or

the light and fruity

Wild Tropic Hard

Kombucha from

Lake Louie

Brewing

- 1 Preheat oven to 400°. Peel the sweet potatoes and cut into 1/2-thick slices. Put sweet potatoes on a baking sheet, toss with the jerk marinade* and coat well.
- 2 Place the baking tray in the preheated oven and roast sweet potatoes. Check sweet potatoes after 20 to 25 minutes before flipping. Return for 10 to 15 minutes more. When done, sweet potatoes should be crisp around the edges and soft within. Remove from oven.
- 3 Meanwhile, heat beans in a saucepan over medium-low heat until hot, adding a tablespoon or two of water as needed and stirring occasionally.
- 4 Slice brioche bun in half and toast, or warm for a few seconds in microwave. Give the slaw a stir to redistribute the juices.
- 5 Place sweet potatoes on bottom bun; top with pineapple mango salsa, a bit of slaw and top bun. Serve with the remainder of the slaw and the Caribbean beans on the side. Dig in!

Jerk Marinade: Soy sauce, brown sugar, olive oil, scotch bonnet pepper, scallion, ginger, garlic, thyme, allspice, nutmeg, lime, salt, pepper **Lime Slaw:** Green cabbage, sunflower oil, egg, red wine vinegar, dijon mustard, salt, sugar, cilantro, scallion, lime, garlic, pepper **Caribbean Black Beans:** Black bean, onion, orange, garlic, ginger, salt, allspice, thyme, pepper **Pineapple Mango Salsa:** Pineapple, mango, red bell pepper, red onion, jalapeño, cilantro, lime, salt **MSCo Brioche Bun:** AP flour, butter, sugar, egg, milk powder, yeast, salt

Contains: Dairy, soy, wheat, egg

To moderate the spice level, feel free to use only a portion of the jerk marinade. Not sure how spicy it is? Taste a little first!

② READY-TO-EAT

chickpea cashew coconut curry w/ basmati rice and cilantro yogurt sauce

Heat curry and rice in separate saucepans over medium heat until hot, adding up to 1/2 cup water as needed and stirring occasionally, for about 6 to 8 minutes.

Alternately, heat curry and rice in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice onto plates and top with curry. Serve with cilantro yogurt sauce and enjoy!

Chickpea Cashew Coconut Curry: Chickpea, coconut milk, onion, sweet potato, butternut squash, spinach, cashew nut, ginger, garlic, salt, thai chile, lime, cumin, coriander, star anise, clove, pepper, cinnamon, nutmeg, turmeric, cardamom **Basmati Rice:** Basmati Rice, water, bay leaf, salt **Cilantro Yogurt Sauce:** Greek yogurt, cream, cilantro, lemon, garlic, salt, pepper

Contains: Tree nut, coconut, cinnamon, dairy

③ FARM-TO-FREEZER

borscht with cabbage, parsnips, celeriac and turnips

See for ingredients and reheating instructions.



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