

PASTURE AND PLENTY

FEBRUARY 7, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

And what a Monday it is! You know why, friends? Because we have our FIRST "spring" greens in! Farmer Bethanee at Winterfell Acres harvested her first batch of spinach from the greenhouse and we were able to get all of it. And... even better? It all went into the pesto for your Cook Kit this week. That's right! Every single leaf. Oh happy day!!



RP's fusilli with winter pesto, root vegetables and oyster mushrooms



shakshuka with herb roasted potatoes, egg and pita



red coconut curry with tofu and brown rice



PRODUCER SPOTLIGHT

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

Driftless Organics

Sartori Cheese

Winterfell Acres

RP's Pasta

Tina's Flock

Jenifer Street Market

EXTRA GOODNESS

peanut butter pie jar

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Cream cheese, peanut butter, sugar, cream, vanilla, chocolate, peanuts.

Contains: Dairy, peanut, chocolate

WHOLE GRAIN SNACK SHARE (ADD-ON)

pecan & hazelnut buckwheat cacao praline bars

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

RP's fusilli

with winter pesto, root vegetables and oyster mushrooms

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Oyster
Mushrooms

RP's Fusilli

Pesto

Root Vegetables

SarVecchio
and Herbs

PAIR WITH

the minerally
and acidic
Mamete Prevostini
Rosato Monrose
or
with the hoppy
Double Red Ale
from Giant Jones

- 1 Preheat oven to 425°F. Toss root vegetables with olive oil, salt and pepper; place on a baking sheet. Roast veg for 10 minutes, stir and return to oven. Cook until the veg is tender browned at the edges.
- 2 Next, heat 1 to 2 tablespoons of oil in a large sauté pan over medium-high heat until just beginning to smoke. Arrange mushrooms in skillet in a single layer and cook, undisturbed, until bottom sides are golden brown, about 3 minutes. Season with salt and pepper, stir mushrooms, and continue to cook, stirring often and reducing heat as needed to avoid scorching, until golden brown all over, about 5 minutes more. Set mushrooms aside. Repeat instructions with the root vegetables.
- 3 Meanwhile, prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. With your hands, gently loosen the pasta. Once the water is at a rolling boil, carefully place it into the water. Stir immediately to prevent the pasta from sticking together. Reduce the heat to a gentle boil to and cook for 4 to 5 minutes or until preferred al dente texture and drain, reserving a bit of pasta cooking water for later.
- 4 Next, put the saute pan with the vegetables back on the burner on medium heat and add an additional tablespoon or so of olive oil. When the oil is shimmering, add the pesto to the pan, along with a little pasta water to thin it out. After a few seconds, add the fusilli. Toss to coat everything evenly.
- 5 Divide onto plates and top with the oyster mushrooms and sarvecchio. Buon appetito!

RP's Fusilli: Semolina flour, water, egg, salt **Pesto:** Sarvecchio (milk, salt, culture, enzyme), parsley, thyme, rosemary, chives **Root Vegetables:** Golden turnip, rutabaga, beauty heart radish **SarVecchio & Herbs:** Milk, salt, enzymes

Contains: Dairy, egg, wheat, mushroom

② READY-TO-EAT

**shakshuka with herb
roasted potatoes, egg and pita**

Preheat oven to 400°F. Place potatoes on a sheet pan and reheat for 6 to 8 minutes, until crispy.

Meanwhile, heat shakshuka in a sauté pan over medium heat until hot, about 5 minutes. Make wells in the hot shakshuka, pour your eggs right into them, and cook for an additional 5 to 8 minutes until the whites are set and yolks are at your desired state of runniness.

Heat pita in the oven with the potatoes for a few minutes until warm and pliant.

Divide potatoes onto plates, spoon shakshuka and eggs over the top of potatoes. Scoop up with pita and enjoy!

Shakshuka: Tomato, red bell pepper, yellow bell pepper, goat cheese (goat milk, cheese culture, rennet, salt), onion, garlic, cumin, turmeric, paprika, cayenne, dill, thyme, parsley, chive, olive oil, salt, pepper **Herb Roasted Potatoes:** Yellow potato, red potato, purple potato, olive oil, salt, rosemary, thyme, chives, parsley **Pita:** Flour, water, soybean oil, yeast, salt, sugar, dough conditioner, baking powder, nonfat dry milk

Contains: Wheat, dairy, egg

③ FARM-TO-FREEZER

**red coconut curry with
tofu and brown rice**

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