

PASTURE AND PLENTY

MARCH 21, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

We've got you covered this week, friends! Look for locally-produced ravioli with an earthy and rich roasted red cabbage tomato ragù, spicy vindaloo sammies on Madison Sourdough's delicious brioche buns with a fresh and crunchy slaw and a lemony, Spring-inspired risotto. A little cold one day? Go for ravioli! A bit warmer? Try the spicy sammies to pair with the heat! Somewhere in the middle? Risotto will do the trick. Phew! Food dilemmas solved.



RP's four cheese tortellini with red cabbage tomato ragù, spinach and herbed sarvecchio



vindaloo pulled pork sandwich with lime poppy seed slaw and mango yogurt sauce



lemony shrimp risotto with basil, butternut squash and oyster mushrooms



PRODUCER SPOTLIGHT

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

Winterfell Acres
Madison Sourdough Co.
RP's Pasta
Saffi Foods
Sartori Cheese
Happy Valley Farm

EXTRA GOODNESS **passion fruit & cacao nib coconut chia pudding**

Instructions: Keep refrigerated and enjoy within a week.

Ingredients: Chia seed, coconut milk, passion fruit curd (passion fruit purée, butter, egg, sugar, salt), maple syrup, vanilla, cacao nib

Contains: Coconut, egg, milk, 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

RP's four cheese tortellini with red cabbage tomato ragù, spinach and herbed sarvecchio

PREP & COOK TIME

40
MINUTES

IN YOUR BAG

Red Cabbage Tomato Ragù

RP's Four Cheese Tortellini

Spinach

Herbed Sarvecchio

PAIR WITH

the darkly fruity and tobacco-laden American Wine Project 'Sound of Memory' Marechal Foch or with the big and silky Plumptuous Scotch Ale from Next Door Brewing

- 1 Prepare a pot of well-salted boiling water. With your hands, gently loosen the tortellini. Once the water is at a rolling boiling, carefully place the loosened pasta into the water. Stir immediately to prevent them from sticking together. Once the water has returned to a full boil, reduce the heat slightly to a gentle boil to prevent the tortellini from bursting. Cook for 4 to 5 minutes until preferred al dente texture and drain, reserving some of the pasta water..
- 2 Reheat red cabbage tomato ragù in a sauté pan over medium-low heat.
- 3 Add spinach and cooked tortellini to sauté pan and gently toss to coat in the ragù. Add up to 1/2 cup of reserved pasta water to thin the sauce and help coat pasta with the sauce.
- 4 Plate the sauced tortellini, then garnish with herbed sarvecchio. Enjoy!

Red Cabbage Tomato Ragù: Red cabbage, red onion, tomato, red wine, garlic, olive oil, salt, sugar, parsley, thyme, pepper, red chile flake **RP's Four Cheese Tortellini:** Semolina (durum wheat, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), ricotta (whey, milk, vinegar, culture, salt), filtered water, mozzarella (pasturized milk, cheese culture, salt), asiago (cultured milk, enzymes, salt), parmesan (pasturized milk, cheese culture, salt), whole egg, salt **Herbed Sarvecchio:** Sarvecchio (milk, cultures, salt, enzymes), thyme, rosemary, parsley, chive, red chile flake **Spinach**

Contains: Milk, egg, wheat, alcohol

② READY-TO-EAT

vindaloo pulled pork sandwich

Place pulled pork in a sauté pan with a splash of water over medium heat and cook, stirring occasionally, until heated through, about 5 to 7 minutes.

While pork is heating, slice brioche buns in half and toast, then give slaw a toss to redistribute the dressing.

Spread the mango yogurt on the toasted bun halves, then layer the sweet potatoes and a bit of slaw on the bottom half before setting on the top half.

Plate the sandwiches and serve the remainder of the slaw on the side. Dig in!

Vindaloo Pulled Pork: Pork, onion, garlic, coconut milk, apple cider vinegar, tomato, cilantro, ginger, garlic, salt, cinnamon, cardamom, thai chile, cumin, mustard, clove, sugar, pepper **Slaw:** Green cabbage, fennel, celeriac, carrot, red bell pepper, yellow bell pepper, jalapeño, sunflower oil, dijon mustard, red wine vinegar, egg, poppy seed, lime, cilantro, salt, pepper **Mango Yogurt:** Greek yogurt, mango, white wine vinegar, sugar, ginger, garlic, salt, pepper, mustard, red chile flake **MScO Brioche Bun:** AP flour, butter, sugar, egg, milk powder, yeast, salt

Contains: pork, wheat, milk, egg, coconut, cinnamon

③ FARM-TO-FREEZER

lemony shrimp risotto with basil, butternut squash and oyster mushrooms

See label 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