

PASTURE AND PLENTY

MAY 2, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're excited to share the amazing, locally-made (right here in the P&P Make-shop) tortillas from Jonathan Correa of La Cosecha! He's been busy making tortillas for y'all (2,220!) and we can't wait for you to taste his product. Jonathan sources local corn, grinds fresh masa himself and shapes beautiful corn tortillas. If you like them, don't forget that you can always order more from our Farm-to-Freezer case. Happy (almost) Cinco de Mayo!



roasted vegetable spelt berry grain bowl with garlic dill pickled carrots, spiced pepitas and sarvecchio



lentil tinga tacos with La Cosecha tortillas, refried beans and cilantro lime slaw



South African sweet potato and peanut curry over brown rice



PRODUCER SPOTLIGHT

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

Arndt Farms
Winterfell Acres
Driftless Organics
Meadowlark Organics
La Cosecha Tortillas
Sartori Cheese
Flyte Family Farm
LoveFood Farms

EXTRA GOODNESS **tres leches cake jar**

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: AP flour, sugar, cream, evaporated milk, sweetened condensed milk, eggs, vanilla.

Contains: *Wheat, milk, egg*

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

roasted vegetable spelt berry grain bowl with garlic dill pickled carrots, spiced pepitas & sarvecchio

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Herbed Spelt
Berries

Kale

Root Vegetables

Garlic Dill Pickled
Carrots

Spiced Pepitas
and SarVecchio

PAIR WITH

the lemony and
mineral-laden

American
Recordings
Chardonnay

or

with the clean and
light Dorothy's
New World Lager
from Toppling
Goliath

- 1 Preheat oven to 400°F.
- 2 Peel and chop root vegetables into 1-1.5" rough cubes. Spread vegetables onto rimmed baking sheet, toss with a tablespoon or two of olive oil and season with salt and pepper.
- 3 Roast veggies in the preheated oven for 15 to 20 minutes until veggies are tender and browned at the edges.
- 4 Meanwhile, heat spelt berries in a saucepan over medium heat with a splash of water or olive oil until hot, about 5 minutes. Alternately, heat spelt in the microwave on high, stirring in 1-minute increments until hot, about 3 minutes.
- 5 Divide spelt onto individual plates. Divide vegetables over spelt berries, garnish with garlic dill pickled carrots and sprinkle with spiced pepitas and sarvecchio. Enjoy!

Herbed Spelt Berries: Farro, water, thyme, rosemary, parsley, chive, salt, pepper, bay leaf, chile de arbol

Root Vegetables: Parsnip, purple daikon, potatoes, celeriac

Garlic Dill Pickled Carrots: Carrot, water, white wine vinegar, salt, sugar, dill, garlic, red chile flake

Spiced Pepitas and SarVecchio: Sarvecchio (milk, salt, culture, enzyme), pepitas, cumin, coriander, sweet paprika, black pepper, salt

Contains: Wheat, milk

② READY-TO-EAT

lentil tinga tacos with La Cosecha tortillas, refried beans and cilantro lime slaw

Gently reheat refried beans and lentil tinga in separate saucepans over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking. Give the slaw a quick toss to redistribute the dressing.

Reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.

Build tacos using lentil tinga, queso fresco, and a bit of slaw. Serve the refried beans and slaw alongside your tacos. Dig in!!

Lentil Tinga: Green lentil, tomato, tomatillo, carrot, onion, garlic, chipotle in adobo, salt, oregano, cumin, paprika, coriander, pepper

La Cosecha Tortillas: Corn, water, trace of lime

Refried Beans: Pinto bean, onion, garlic, butter, oregano, salt, red wine vinegar, bay leaf, chile de arbol, pepper

Lime Cilantro Slaw: Green cabbage, carrot, apple cider vinegar, cilantro, scallion, salt, sugar

Queso Fresco: Milk, salt, enzyme, culture

Contains: Milk

③ FARM-TO-FREEZER

South African sweet potato and peanut curry over brown rice

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

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M 3:30pm-7:30pm T-F 11am-7pm

SAT 9am-1pm