

PASTURE AND PLENTY

MAY 16, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

The start of another glorious week is upon us! We're sharing some quick and easy meals this week, friends, so that you can have more time to enjoy this beautiful weather. RP's pasta and veg-laden stir-fries always hit the spot. And the fan-fave galettes from Tart Baked Goods, our P&P Makeshop Partner, are back, in new variety: French Onion! Ready to pop right into the oven, maybe alongside that cookie dough, they're almost tooooooo easy.



rp's campanelle with creamy white bean tomato sauce and spinach



three cup tofu with roasted vegetables and brown rice



french onion galettes from Tart Baked Goods with mixed greens and lemon tarragon vinaigrette



PRODUCER SPOTLIGHT

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

RP's Pasta

Winterfell Acres

Tart Baked Goods

Sartori Cheese

Marr's Valley View Farm

Flyte Family Farm

Elderberry Hill

Vitruvian Farm

Saffi Food

EXTRA GOODNESS

**brown butter
chocolate chip
cookie dough**

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Bake cookies in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.

Contains: Milk, egg, wheat, 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 campanelle
with creamy white bean tomato sauce and spinach

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Creamy White
Bean Tomato
Sauce

RP's Campanelle

SarVecchio with
Lemon

Spinach

PAIR WITH

the fresh and
fruity El Jefe
Tempranillo
or
with the hoppy
Fantasy Factory
IPA from Karben4
Brewing

- 1 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.
- 2 Meanwhile, heat a sauté pan over medium heat and add the pasta sauce to the pan, stirring occasionally. Once the sauce is hot, add the spinach and cooked pasta to the pan along with a little pasta water, as needed, to thin out the sauce. Toss to coat everything evenly and cook for 2 to 3 minutes to wilt the spinach.
- 3 Divide pasta onto plates and top with the sarvecchio. Buon appetito!

Creamy White Bean Tomato Sauce: Tomato, gigante bean, onion, red bell pepper, garlic, red chile flake, heavy cream, sugar, salt, pepper **RP's Campanelle:** Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt **SarVecchio with Lemon:** Sarvecchio (milk, salt, culture, enzyme), lemon, salt **Spinach**

Contains: Wheat, egg, milk

② READY-TO-EAT

three cup tofu
with roasted vegetables and
brown rice

Heat three cup tofu and brown rice in separate sauté pans over medium heat until hot, adding a splash of water if needed and stirring occasionally, for about 6 to 8 minutes.

Divide brown rice onto plates and plating tofu on top. Scatter toasted sesame seeds and scallions over it all and enjoy!

Three Cup Tofu with Roasted Vegetables: Tofu (water, soybeans, calcium sulfate, calcium chloride), onion, baby bok choy, asparagus, red bell pepper, yellow bell pepper, carrot, broccoli, oyster mushroom, soy sauce, cornstarch, sesame oil, rice wine, garlic, ginger, lemongrass, thai basil, scallion, sesame seed, thai chile, sugar, salt, pepper **Brown Rice:** Brown rice, water, salt, chile de arbol, bay leaf **Toasted Sesame Seeds and Scallions:** White sesame seed, black sesame seed, scallion

Contains: Soy, sesame, alcohol, wheat

③ FARM-TO-FREEZER

french onion galettes
from Tart Baked
Goods with mixed greens
and lemon tarragon vinaigrette

Toss mixed greens with desired amount of vinaigrette. See galette label for ingredients and reheating instruction.

Vinaigrette: Canola oil, white wine vinegar, lemon, dijon mustard, tarragon, shallot, salt



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