

PASTURE AND PLENTY

MAY 31, 2022 | VEGETARIAN

HOORAY, IT'S TUESDAY!

We're relaxed after enjoying this glorious long weekend, friends! Hopefully you are, too. Look for easy, seasonal faves this week to help ease you into the short week. Think: burgers loaded with house made pickles and peppery arugula, veg-heavy gado gado with crispy tofu and peanut sauce, and a dreamy Spring risotto with asparagus. Lots to like this week, y'all!



black bean walnut muenster burger with arugula, animal sauce, P&P pickles and cottage fries



gado gado with crispy tofu and peanut satay sauce



asparagus risotto with spinach, gigante beans 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:

Arndt Farms
Vitruvian Farms
Elderberry Hill Farm
Winterfell Acres
Driftless Organics
Sartori Cheese
Ugly Apple
Saffi Foods

EXTRA GOODNESS

Ugly Apple straps

Instructions: Store at room temperature and then enjoy this locally-made fruit leather whenever you need a healthy snack!

Ingredients: Wisconsin apples.

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

black bean walnut muenster burger

with arugula, animal sauce, P&P pickles and cottage fries

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Bean & Walnut
Burger Mix

MSCo Brioche
Bun

Animal Sauce

P&P Pickles

Arugula

Potatoes

PAIR WITH

the darkly fruity
and tannic Catena
Malbec 2019

or

with the slightly
bitter and citrusy
Pulp Culture Hazy
IPA from Working
Draft

1 Preheat oven and grill (optional) to 425°F. Cut potatoes into 1/2-inch thick rounds. Place on a large rimmed baking sheet, drizzle with olive oil, and season with salt and pepper. Toss to coat. Arrange in a single layer so that no potatoes are overlapping. Bake for 20 to 25 minutes, until the bottoms are lightly browned. Flip the potatoes and roast until the other side is also browned, about 10 to 20 more minutes.

2 Meanwhile, divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly. Season both sides with salt and pepper.

3 If working inside, heat a small amount of olive oil or butter in a skillet over medium high heat. Place burgers in skillet or on the preheated grill and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160°F, or until done to your taste.

4 Toast bun or warm for a few seconds in the microwave. Spread a little animal sauce on bottom bun, top with burger, arugula, more animal sauce, pickles and top bun. Serve cottage fries, with more animal sauce for dipping, alongside burger. Enjoy!

Bean & Walnut Burger Mix: Black bean, onion, poblano pepper, garlic, chipotle, walnut, queso fresco (milk, salt, enzymes), mayonnaise (sunflower oil, egg, red wine vinegar, dijon, salt), egg, panko (wheat flour, cane sugar, yeast, salt) **MSCo Brioche Bun:** AP flour, butter, sugar, egg, milk powder, yeast, salt **Animal Sauce:** Mayonnaise (sunflower oil, egg, red wine vinegar, dijon, salt), ketchup (tomato, distilled vinegar, sugar, salt, onion powder, spice, natural flavoring), mustard, shallot, garlic, caper, spices **P&P Pickles:** Cucumber, white vinegar, water, salt, sugar, garlic, dill, yellow mustard seed, black mustard seed, pink peppercorn, coriander, bay leaf, chile de arbol. **Arugula, Potatoes** *Contains: tree nut, milk, wheat, egg*

② READY-TO-EAT

gado gado with crispy tofu and peanut satay sauce dressing

Heat a large frying pan over medium-high. When hot, drizzle with 1 to 2 tablespoons oil and add the tofu. Fry for around 5 minutes or until heated through and crispy again, flipping occasionally. Alternatively, reheat the tofu in the microwave for about 30 seconds, stirring halfway through.

To serve, divide the asparagus and potatoes, raw vegetables and crispy tofu over several serving plates or assemble it all on one large serving platter. Drizzle each plate generously with the peanut sauce. Dig in!

Spiced Tofu: Tofu (Water, soybean, calcium sulfate, calcium chloride), garlic, onion, spices, salt, pepper **Peanut Satay Sauce:** Peanut, water, shallot, garlic, soy sauce, rice vinegar, red curry paste (dried chile pepper, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, spices [coriander seeds, cumin, cardamom], citric acid), brown sugar, thai chile, salt **Asparagus & Potatoes:** Asparagus, potato, salt, pepper **Raw Vegetables:** Cabbage, cucumber, red radish

Contains: Soy, peanuts

③ FARM-TO-FREEZER

asparagus risotto with spinach, gigante beans and oyster mushrooms

See label for ingredients and reheating instruction.



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