

PASTURE AND PLENTY

JUNE 13, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

School's out, the weather is warm and life is good. We're out and about enjoying this season to the fullest! So quick, easy meals – chock-full of flavor and veg – make evenings go so much more smoothly. Meals like RP's fusilli with Spring greens pesto and roasted vegetables, lemony radish and brown rice soup, and dal makhani over fluffy basmati rice! With bike rides and neighborhood walks on tap, the week is looking easier and more delicious!



RP's fusilli
with roasted vegetables, Spring greens
pesto and portabella mushroom



**lemony white bean, radish
and brown rice soup**
with local lettuce and herb vinaigrette



dal makhani
over basmati rice



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

Marr's Valley View Farm

Winterfell Acres

Vitruvian Farm

Sartori Cheese

Lovefood Farm

EXTRA GOODNESS

rhubarb crisp

Instructions: Take crisp out of refrigerator and preheat oven to 375°F. Place pyrex on baking sheet and bake until top is golden brown and the filling is bubbling throughout, about 25-45 minutes depending on size.

Ingredients: Rhubarb, ap flour, sugar, brown sugar, oats, butter, cinnamon.

Contains: *Wheat, milk, cinnamon*

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 roasted vegetables, Spring greens pesto and portabella mushroom

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

RP's Fusilli

Vegetable Bag

Spring Greens Pesto

Sarvecchio & Herbs

Roasted Portabella Mushroom

PAIR WITH

the natural and slightly funky FUSO VINO Rosso or with the crisp and refreshing Sweet Sunglasses Blonde Ale from Hop Haus Brewing Company

- 1 Rinse and dry vegetables. Slice asparagus into thick oblique coins and chop radishes and turnips into small wedges.
- 2 Meanwhile, a few tablespoons of oil in a large sauté pan over medium heat until just beginning to shimmer in the pan. Add vegetables to pan and cook, undisturbed, until bottom sides are golden brown, about 5 minutes. Season with salt and pepper, add portabella mushrooms to the pan, stir veg and mushroom together. Continue to cook, stirring often and reducing heat as needed to avoid scorching, until veg is golden brown all over and mushrooms are hot with crispy edges, about 5 minutes more. Set aside.
- 3 While mushrooms and veg are cooking, 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 roiling 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 sauté pan with the vegetables and mushrooms back on the burner over medium-low 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 pasta onto plates and top with the herbed sarvecchio. Buon appetito!

RP's Fusilli: Semolina flour, water, egg, salt **Vegetable Bag:**

Asparagus, radish, turnip **Spring Greens Pesto:** Sunflower oil, kale, spinach, turnip green, radish green, red wine vinegar, garlic, pepitas, sarvecchio (milk, culture, salt, enzyme), salt, red chile flake, pepper **Sarvecchio & Herbs:** Sarvecchio (milk, salt, culture, enzyme), parsley, thyme, rosemary, chives **Roasted Portabella Mushroom:** Portabella, olive oil, garlic powder, onion powder, brown sugar, smoked paprika, salt, pepper

Contains: Wheat, egg, mushroom, milk

② READY-TO-EAT

lemony white bean, radish and brown rice soup with salad

Reheat soup in a saucepan over medium heat until hot, adding up to 1/2 cup water as needed and stirring occasionally, for about 6 to 8 minutes.

Separate and roughly tear lettuce leaves into smaller pieces, wash under cold water, and then dry. Toss with herb vinaigrette.

Portion soup into bowls, plate the salad and enjoy!

Lemony White Bean Soup: Vegetable stock, brown rice, white bean, radish, onion, garlic, lemon, olive oil, hot sauce (cayenne pepper, white vinegar, water, salt, garlic), red wine vinegar, salt, pepper **Herb Vinaigrette:** Canola oil, sunflower oil, red wine vinegar, white wine vinegar, dijon mustard, roasted garlic, honey, dill, chive, parsley, salt **Local Lettuce**

③ FARM-TO-FREEZER

dal makhani over basmati rice

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