

PASTURE AND PLENTY

JUNE 13, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

Summer is in full swing and the weather is glorious! It's going to be the perfect week for grilling up those kebabs, right, friends? They sound just perfect with the grilled veggie couscous and herby chimichurri. Followed with an easy veg-laden corn chowder with Madison Sourdough rolls and (our all-time fave) smothered burritos with green chile sauce? And with spiced Moroccan peanut cookies for dessert? Yup, life's looking good!



paneer kebabs with chimichurri and grilled vegetable couscous



corn, cherry tomato, jalapeño and red potato chowder with cilantro lime crema and Madison Sourdough Co roll



smothered sweet potato black bean burritos with green chile sauce



PRODUCER SPOTLIGHT

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

Alsum's Sweet Corn

Winterfell Acres

Lovefood Farm

Marshview Farm

Elderberry Hill Farm

Madison Sourdough Co.

Saffi Saana

EXTRA GOODNESS

Moroccan peanut cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 325°F. Bake for 8-12 minutes, until outside is cooked and inside is still soft.

Ingredients: Peanuts, sugar, eggs, ginger, cinnamon, baking powder, salt.

Contains: Peanut, egg, 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

paneer kebabs
with chimichurri and grilled vegetable couscous

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Paneer

Lemon Couscous

Chimichurri

Vegetable Bag

Wooden Skewers

PAIR WITH

the natural and
the crisp and fresh
Jean Marc Barthez
Bordeaux Blanc
2020

or

with the crisp and
refreshing
Summer Vice
Hefeweizen from
Raised Grain
Brewing Co.

GRILLING INSTRUCTIONS

- 1 Preheat your grill for medium-high heat and soak your skewers in water for 10 minutes to keep them from charring.
- 2 Trim the ends of your radishes and turnips and snap the woody ends off your asparagus; toss with olive oil, salt and pepper. Cut your paneer into even bite sized pieces, season with salt and pepper, then lightly drizzle with olive oil. Slide the chicken onto your skewer(s).
- 3 Carefully place your asparagus, radish and turnip directly on the grill or in a grill basket. Cook the veg until well charred and slightly softened. Remove from grill and set aside.
- 4 Place your paneer skewers on the grill, flipping every 2 minutes or so until browned.
- 5 While the paneer is grilling, microwave couscous with a splash of water until warm. Chop grilled vegetables and spinach, then mix into warm couscous.
- 6 Portion couscous salad onto plates, top with paneer kebabs. Spoon chimichurri liberally over the top. Dig in!

STOVETOP INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat a heavy bottomed skillet (or grill pan) over high heat, then add a drizzle of olive oil. Cook your paneer as instructed above. Remove paneer from pan, add your vegetables to the same skillet you cooked the paneer in. Cook until done as instructed above, stirring often.

Lemon Couscous: Israeli couscous, water, onion, garlic, parsley, lemon, salt, pepper **Chimichurri:** Canola oil, olive oil, red wine vinegar, cilantro, parsley, oregano, mint, jalapeño, shallot, garlic, red chile flake, salt, pepper **Vegetable Bag:** Asparagus, radish, turnip, spinach **Paneer:** Pastuerized milk, salt, vinegar **Wooden Skewers**

Contains: Wheat, milk

② READY-TO-EAT

**corn, cherry tomato,
jalapeño and red
potato chowder with
cilantro lime crema and
Madison Sourdough Co roll**

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!

Corn Chowder: Corn stock, corn, red potato, onion, cherry tomato, red bell pepper, kale, heavy cream, jalapeño, lime, basil, salt, pepper, coriander **Cilantro Lime Crema:** Sour cream, heavy cream, cilantro, lime, salt, pepper **MSCo Roll:** Flour, water, salt

Contains: Milk, wheat

③ FARM-TO-FREEZER

**smothered sweet
potato black bean
burritos with green chile
sauce**

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
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm **T-F** 11am-7pm
SAT 9am-1pm