

# PASTURE AND PLENTY

JUNE 27, 2022 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited to feast on a local mushroom grill kit with a carrot raisin salad and asparagus, noodles with dan dan sauce, bok choy and roasted peanuts, followed by shakshuka this week! And, as an extra special treat, double chocolate cupcakes for all. Yes, you heard us. CUPCAKES. We're celebrating our 5th Birthday and wanted to send a little birthday love to our favorite people. Thank you for helping us reach this milestone, friends!



**local mushroom grill kit with roasted onion & mushroom compound butter, asparagus and carrot raisin salad**



**tofu dan dan noodles with roasted peanuts, scallions and bok choy**



**shakshuka with herb roasted potatoes**



### PRODUCER SPOTLIGHT

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

Elderberry Hill Farm

Vitruvian Farm

Meadowlark Organics

Wilterfell Acres

Lovefood Farm

Marshview Farm

Driftless Organics

Happy Valley Farm

Montchevre

Saffi Saana

EXTRA GOODNESS

### double chocolate cupcakes

Instructions: Keep cupcakes and buttercream refrigerated. To assemble: bring both to room temperature; then, use a butter knife or offset spatula to frost the cupcakes. Enjoy within 5 days!

Ingredients: Chocolate Cake (sugar, ap flour, buttermilk, coffee, cocoa powder, oil, eggs, baking soda, vanilla, baking powder, salt), chocolate buttercream (powdered sugar, cocoa powder, butter, milk, vanilla).

Contains: Wheat, egg, milk, 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

**local mushroom grill kit** with roasted onion and mushroom butter, asparagus and carrot raisin salad

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Local Mushrooms

Asparagus

Roasted Onion and Mushroom Compound Butter

Carrot Raisin Wheat Berry Salad

PAIR WITH

the darkly fruity A La Carte Cabernet

Sauvignon 2018 or

with the rich and complex Grand Porter from Giant Jones

GRILLING INSTRUCTIONS

- 1 Preheat your grill for medium-high heat.
- 2 Snap the woody ends off of asparagus. Toss asparagus and mushrooms with a splash of olive oil and a dusting of salt and pepper.
- 3 Carefully place your asparagus and mushrooms in a grill basket. If you don't have a grill basket, shape a large piece of foil into the shape of a box, poke holes in it (to allow the heat and smoke to come through) and place it on the grill; add your veggies to your foil basket. Cook the veg until charred and slightly softened. Remove from grill and set aside.
- 4 Give the carrot raisin wheat berry salad a toss to redistribute the dressing. Place on plates.
- 5 Divide grilled asparagus and mushrooms onto plates (either next to or on top of the salad); top with roasted onion and mushroom compound butter. Enjoy!

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 asparagus and mushrooms as instructed above.

**Roasted Onion Mushroom Butter:** Butter, red onion, cremini mushroom, red wine, garlic, thyme, salt, lemon, pepper **Carrot Raisin Wheat Berry Salad:** Wheat berry, carrot, kale, golden raisin, parsley, scallion, olive oil, sherry vinegar, pepitas, salt, pepper **Asparagus, Local Mushrooms**

*Contains: Milk, wheat, alcohol, mushroom*

② READY-TO-EAT

**tofu dan dan noodles** with roasted peanuts, scallions and bok choy

Bring a pot of well salted water to a boil, large enough to cook all your noodles. While waiting for the water to boil, reheat dan dan sauce in a sauté pan over medium-low heat with 1/2 cup of water or broth. Slice your bok choy and scallions.

Drop noodles in boiling pot of water and cook until done, about 3 to 4 minutes. Drain noodles when finished.

Add sliced bok choy, scallions and cooked noodles to the sauté pan with the dan dan sauce. Toss to coat and cook for a few minutes to wilt the bok choy.

Place sauced noodles on plate and top with roasted peanuts. Dig in!

**Tofu Dan Dan:** Tofu (soybeans, water, calcium bisulfate, glucono delta lactone), oyster mushroom, mushroom, pickled mustard greens (mustard greens, water, sugar, salt, MSG, artificial color), chile oil, ginger, chinkiang vinegar, soy sauce (water, wheat, soybeans, salt), sugar, garlic. **Noodles:** Wheat flour, dehydrated whole eggs, dehydrated egg white, corn starch, salt, FD&C Yellow #5 and #6 and sodium benzoate **Roasted Peanuts:** Peanuts, salt, olive oil **Bok Choy & Scallions**

*Contains: Mushroom, soy, egg, wheat, peanuts*

③ FARM-TO-FREEZER

**shakshuka** with herb roasted potatoes

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