

# PASTURE AND PLENTY

JULY 5, 2022 | VEGETARIAN

## HOORAY, IT'S TUESDAY!

We hope that y'all had a great holiday weekend! Get excited for a short, but delicious, week filled homemade pizza kits, sloppy joes and some spicy Indian-inspired goodness. In case you're new to making pizzas, don't forget to check out that handy how-to video linked in Friday's newsletter – it has some great tips. Pizza weeks are our favorite weeks and we hope they'll be yours, too!



**P&P pizza kit**  
with asparagus, kale, garlic cream sauce  
and roasted red pepper harissa



**smoky white bean sloppy joe**  
with house-made pickles and  
pesto pasta salad



**chana masala**  
over brown rice



### PRODUCER SPOTLIGHT

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

Winterfell Acres

Vitruvian Farm

Elderberry Hill Farm

Sartori Cheese

Arndt Family Farms

Madison Sourdough Co.

Happy Valley Farm

Alsum Sweet Corn

Saffi Saana

### EXTRA GOODNESS

## chia pudding with spiced rhubarb compote

Instructions: Keep refrigerated. Enjoy within 7 days!

Ingredients: Chia pudding (coconut milk, chia seed, maple syrup, vanilla extract), rhubarb compote (rhubarb, sugar, ap flour, cinnamon).

Contains: Coconut, wheat, 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

**P&P pizza kit** with asparagus, kale, garlic cream sauce and roasted red pepper harissa

PREP & COOK TIME

75  
MINUTES

IN YOUR BAG

Pizza Dough

Garlic Cream Sauce

Roasted Red Pepper Harissa

Lemon Sarvecchio

Asparagus

Kale

PAIR WITH

the fragrant and fresh Garofoli 2020 Verdicchio "Serra del Conte" or with the crisp and refreshing Summer Vice Hefeweizen from Raised Grain Brewing Co.

- 1 Take pizza dough out of the refrigerator and bring dough to room temperature one hour before baking. Preheat oven to 425°F; if you have a convection setting now would be a great time to use it.
- 2 Remove dough from packaging with floured hands, split into individual dough balls (one per person) and place on lightly floured baking sheet. On the baking sheet, gently press down and stretch each pizza dough ball out to an 8 to 10" circle; they should be thin with slightly thicker edges.
- 3 Slice the asparagus into coins, cutting diagonally to get a bias cut. Tear kale into bite sized pieces. Toss both with a little olive oil, salt and red pepper flakes (if desired).
- 4 Smear the top of the dough with the cream sauce. Dollop the harissa on top. Scatter the veg evenly over crust, then sprinkle lemon sarvecchio all over.
- 5 Bake in preheated oven until crust is golden brown and cheese is melted, about 12 to 15 minutes.
- 6 Remove from oven and let rest for a minute or two. Slice with a large knife or pizza cutter. Dig in!

**Pizza Dough:** Bread flour, water, 00 flour, olive oil, yeast, salt, sugar **Garlic Cream Sauce:** Heavy cream, onion, roasted garlic, butter, canola oil, chives, oregano, salt, pepper **Roasted Red Pepper Harissa:** Red bell pepper, tomato, garlic, white vinegar, olive oil, guajillo chile, ancho chile, pasilla chile, coriander, caraway, salt, pepper **Lemon Sarvecchio:** Sarvecchio (milk, salt, culture, enzyme), lemon, salt **Asparagus, Kale**

*Contains: Milk, wheat*

② READY-TO-EAT

**smoky white bean sloppy joe** with pickles and pesto pasta salad

Reheat sloppy joe in a saucepan over medium heat until hot, about 6 to 8 minutes, adding water and stirring as necessary.

Meanwhile, slice and toast brioche buns. Give salad a toss to redistribute the dressing.

Divide filling onto buns, top with pickles and serve salad alongside. Dig in!

**White Bean Sloppy Joe:** White bean, onion, bell pepper, tomato, brown sugar, cider vinegar, chipotle in adobo, olive oil, seasonings, salt, pepper **P&P Pickles:** Cucumber, garlic, white distilled vinegar, dill, sugar, spices **Pesto Pasta Salad:** Cavatappi (semolina, durum wheat, vitamins and minerals), pesto (spinach, sunflower oil, arugula, sarvecchio, pepitas, red wine vinegar, basil, garlic, salt, pepper), zucchini, golden zucchini, turnip, sarvecchio (milk, salt, culture, enzymes) **MSCo Brioche Buns:** AP flour, butter, sugar, egg, milk powder, yeast, salt

*Contains: Wheat, milk, egg*

③ FARM-TO-FREEZER

**chana masala** over brown rice

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  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

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