

PASTURE AND PLENTY

JULY 11, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

Nothing says summer in Wisconsin more than zucchini, right, friends? We might make jokes about its abundance, but it's so good and so versatile! Look for it this week as a grilled, smoky sandwich filling AND as a silky smooth component of our Yucatán-style soup. And, thanks to our local farmer friends for growing the sweetest, freshest zucchini for us. Everything takes better when grown locally and freshly picked, too!



marinated grilled zucchini melts with vinegary sautéed cabbage, onions & peppers and P&P potato salad



Milpa purple corn tamales with jackfruit al pastor with bean, corn and pepper salad



Yucatán-style sopa de lima with zucchini and sweet potatoes



PRODUCER SPOTLIGHT

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

Vitruvian Farm

Winterfell Acres

Driftless Organics

Clasen's European Bakery

Saffi Saana

Milpa

La Cosecha

EXTRA GOODNESS

white chocolate peanut butter fudge

Instructions: Keep refrigerated. Bring to room temp and use the parchment paper to lift the fudge out of the container. Enjoy within 5 days

Ingredients: White chocolate, peanut butter, sea salt.

Contains: *Chocolate, peanuts*

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

marinated grilled zucchini melts

with vinegary sautéed cabbage, onions and peppers and P&P potato salad

PREP & COOK TIME

25
MINUTES

IN YOUR BAG

Marinated Zucchini

Clasen's European Bakery Brat Buns

Vinegary

Cabbage, Peppers and Onions

Cheese Blend

P&P Potato Salad

PAIR WITH

the fresh and fruity Mother Rock "Force Celeste" Chenin Blanc 2020
or
with the hoppy Billy Ray Citrus IPA from Eagle Park

- 1 Preheat grill for medium heat. Alternatively, preheat broiler and heat oil in a heavy bottomed skillet over medium high heat until shimmering.
- 2 Grill zucchini or sear zucchini in pan until deeply colored on one side, flip and repeat until zucchini is just cooked through, about 3-4 minutes per side. Meanwhile, slice and toast bun over grill or in the same pan if desired.
- 3 Layer grilled zucchini into bun, cutting to fit if necessary. Top with cabbage, peppers and onions and then the shredded cheese blend. Grill or broil until cheese is melted, checking frequently to prevent a burnt bun.
- 4 Give potato salad a stir to redistribute dressing, serve alongside finished grilled zucchini melt. Dig in!

Marinated Zucchini: Green zucchini, yellow zucchini, olive oil, balsamic vinegar, red pepper flake, thyme, salt, pepper. **Buns:** Flour, water, salt, yeast. **Vinegary Cabbage, Peppers and Onions:** Green cabbage, red bell pepper, yellow bell pepper, red onion, red wine vinegar, apple cider vinegar, salt, pepper, red chili flake, garlic. **Cheese Blend:** Mozzarella (milk, salt, culture, enzyme), provolone (milk, salt, culture, enzyme), cheddar (milk, salt, culture, enzyme). **P&P Potato Salad:** Yukon potato, red potato, celery, red onion, mayonnaise (canola oil, red wine vinegar, egg, dijon mustard, salt), pickles (cucumber, white vinegar, salt, sugar, dill, spices), scallion, whole grain mustard, salt, pepper.

Contains: Milk, wheat

② READY-TO-EAT

Milpa purple corn tamales with jackfruit al pastor with bean salad

Keep tamales frozen. From frozen, microwave tamales in husks for 2 minutes. Flip, microwave for 1 additional minute.

Alternatively, place frozen tamales, in husks, inside a stovetop steamer. Make sure water level stays below tamales. Cover and steam for 25 to 35 minutes. Remove tamales from husks; be careful, they will be hot and steamy.

Give the bean salad a toss to redistribute the dressing. Serve salad alongside hot tamales. Enjoy!

Milpa Purple Corn Tamales: Purple corn, vegetable oil, jackfruit, pineapple juice, chipotle sauce (chipotle peppers, spices, water, salt), chili powder, cumin. **Bean Salad:** Black bean, black eye pea, green bell pepper, red bell pepper, yellow bell pepper, corn, red onion, cilantro, scallion, lime, cumin, coriander, paprika, salt, pepper.

③ FARM-TO-FREEZER

Yucatán-style sopa de lima with zucchini and sweet 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
608.665.3770 • pastureandplenty.com

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