

PASTURE AND PLENTY

JULY 18, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're featuring a recipe from Farmer Lauren at Raleigh's Hillside Farm this week! Enjoy her grandmother's recipe for Zucchini Pie – it's been a favorite in her family for decades. Raleigh's is taking a break from farming this summer, so we sourced fresh vegetables (think: allll of the zucchini, scallions, and herbs galore) from other amazing local farms. It doesn't get much more local than that, eh, friends?



zucchini pie with lacinato kale and lemon vinaigrette



stir-fried tofu and broccoli over brown rice



baked ziti with roasted summer vegetables and sarvecchio besciamella



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 Farms

Winterfell Acres

Crossroads Community Farm

Tipi Produce

Sartori Cheese

Saffi Saana

EXTRA GOODNESS

almond meringues

Instructions: Store at room temperature and enjoy within 5 days.

Ingredients: Egg white, sugar, almond extract, cream of tartar.

Contains: Eggs, tree nuts

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

zucchini pie with lacinato kale and lemon vinaigrette

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Zucchini, Parsley,
Scallion, Lacinato
Kale

Lemon Vinaigrette

Sarvecchio &
Herbs

Dry Mix

Wet Mix

PAIR WITH

the lush and juicy
Ver Sacrum
"Gloria" Garnacha
or
the slightly bitter
and citrusy Pulp
Culture Hazy IPA
from Working
Draft

- 1 Preheat oven to 350°F.
- 2 Finely chop parsley and place in a large bowl. Add wet mix, sarvecchio, and salt and pepper to the bowl with parsley. Stir until well combined.
- 3 Thinly slice zucchini and scallions. Add to bowl with dry mix. Stir until all ingredients are combined, but the mixture is not overmixed.
- 4 Pour into a greased 9-inch pie pan (or 9×9 baking dish). Bake for 25 to 35 minutes until golden brown on top. Wait for the pie to take on a golden hue before removing it to the oven. If it's not golden brown on top, the middle will likely not be cooked through.
- 5 While pie is baking, wash and dry kale. Strip kale leaves from stems, slice and massage with vinaigrette and salt and pepper (to taste) in a bowl. Massaging the greens and dressing them in advance takes the edge off, and makes them tender enough to eat without cooking.
- 6 Serve zucchini pie warm alongside kale salad. Enjoy!

Lemon Vinaigrette: Sunflower oil, olive oil, lemon, sugar, salt **Sarvecchio & Herbs:** Sarvecchio (milk, salt, culture, enzymes), parsley, basil, thyme, rosemary **Dry Mix:** AP flour, butter, baking soda, salt **Wet Mix:** Egg, canola oil **Zucchini, Parsley, Scallion, Lacinato Kale**

Contains: Milk, wheat, egg

② READY-TO-EAT

stir-fried tofu and broccoli over brown rice

Heat tofu and broccoli in a sauté pan over medium-high heat until hot, adding a splash of oil as needed and stirring occasionally, for about 6 to 8 minutes.

Heat rice in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice onto plates and top with tofu and broccoli, then garnish with the toasted sesame seeds, scallions and shredded veg. Enjoy!

Tofu and Broccoli: Tofu, broccoli, cauliflower, cabbage, carrot, onion, ginger, garlic, thai chile, lemongrass, soy sauce, Shaoxing wine, sugar, lime, canola oil, red chile flake, water, cornstarch, sesame seed, scallion. **Brown Rice:** Brown rice, water, scallion, garlic, bay leaf, chili de arbol, salt, pepper. **Toasted Sesame Seed, Scallion and Shredded Vegetables:** Celery, cabbage, carrot, scallion, black sesame, white sesame.

Contains: Soy, sesame, alcohol, wheat

③ FARM-TO-FREEZER

baked ziti with roasted summer vegetables and sarvecchio besciamella

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

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