

PASTURE AND PLENTY

AUGUST 1, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're really looking forward to this week's menu, aren't you? RP's tortellini with our house-made pesto and loads of local veg? Sheet pan nachos with chips from La Cosecha? And, everyone's favorite, lo mein? Yep, we can't wait! Add-in a creamy and zesty lime mousse for a sweet treat and it's going to be a tasty, and vegtastic, week, y'all.



PRODUCER SPOTLIGHT

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

Winterfell Acres

RP's Pasta

Sartori Cheese

Vitruvian Farms

Arndt Family Farm

Saffi Saana

Garden 2 Be

Crossroads Community Farm

Alsum Sweet Corn

Elderberry Hill Farm

La Cosecha

EXTRA GOODNESS

lime mousse

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Cream cheese, powdered sugar, whipped cream, lime, salt.

Contains: Milk.



RP's four cheese tortellini
with pesto, burst cherry tomatoes,
golden zucchini, green beans and
purple onions



sheet pan nacho kit with La
Cosecha tortilla chips, blackened
sweet potatoes and three sisters salsa



tofu lo mein
with charred cabbage and oyster
mushrooms

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

RP's four cheese tortellini with pesto, burst cherry tomatoes, golden zucchini, green beans and purplette onions

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

RP's Four Cheese Tortellini

Vegetable Bag

Herbed SarVecchio

Pesto

Cherry Tomatoes

PAIR WITH

the crisp and fresh Jean Marc Barthez Bordeaux Blanc 2020

or

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

1 Prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. With your hands, gently loosen the tortellini. Once the water is at a rolling boil, carefully place it into the water. Stir immediately to prevent the tortellini from sticking together. Once the water has returned to a full boil, reduce the heat slightly to a gentle boil to prevent the tortellini from bursting. Cook for 4 to 5 minutes until preferred al dente texture and drain, reserving some of the pasta water.

2 Meanwhile, rinse and dry the vegetables. Thinly slice bunching purplette onions on an angle, slice golden zucchini into thick oblique coins and halve the green beans.

3 Next, heat a few tablespoons of oil in a large sauté pan over medium heat until just beginning to shimmer in the pan. Add cherry tomatoes, sliced zucchini and green beans to pan and cook, undisturbed, until tomatoes start to blister and the other veg is browning, about 5 minutes. Season with salt and pepper, then stir.

4 Add the pesto and a bit of reserved pasta water to the pan to make the pesto a bit saucy. Stir veg and sauce together. After a few seconds, add the tortellini and the sliced bunching purplette onions. Toss to coat everything evenly, cooking for just a few more minutes to wilt the onions.

5 Divide tortellini onto plates and top with the herbed sarvecchio. Buon appetito!

RP's Four Cheese Tortellini: Semolina (durum wheat, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), ricotta (whey, milk, vinegar, culture, salt), filtered water, mozzarella (pasturized milk, cheese culture, salt), asiago (cultured milk, enzymes, salt), parmesan (pasturized milk, cheese culture, salt), whole egg, salt **Vegetable Bag:** Golden zucchini, green beans, bunching purplette onion **Herbed SarVecchio:** Sarvecchio (milk, cultures, salt, enzymes), thyme, rosemary, parsley, chive, red chile flake **Pesto:** Canola oil, pepitas, spinach, arugula, garlic, sarvecchio (milk, salt, culture, enzyme), olive oil, red wine vinegar, salt, pepper, red chile flake **Cherry Tomatoes**

Contains: Milk, wheat, egg

② READY-TO-EAT

sheet pan nacho kit with blackened sweet potatoes

Preheat oven to 400°F.

Assemble the nachos on a sheet pan: Put a layer of tortilla chips on the pan and cover with the sweet potatoes, then add the salsa before topping the nachos with the cheese blend. Slide the sheet pan into the oven to bake until the cheese has melted through and is golden, about 10 to 12 minutes.

Top of the cooked nachos with dollops of lime crema and then scatter the pickled onion, radish and jalapeños over the top. Dig in!

Cheese Blend: Mozzarella, provolone, cheddar **Blackened Sweet Potatoes:** Sweet potato, brown sugar, cumin, coriander, paprika, salt, pepper **Pickled Veg:** Red onion, radish, jalapeño, white vinegar, water, salt, sugar **Salsa:** Black bean, zucchini, corn, red bell pepper, jalapeño, cilantro, apple cider vinegar, salt, pepper **Crema:** Sour cream, lime, cilantro, salt, pepper **Chips:** Corn, water, lime, canola oil, salt.

Contains: Milk

③ FARM-TO-FREEZER

tofu lo mein with charred cabbage and oyster mushrooms

See label for ingredients and reheating



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