

# PASTURE AND PLENTY

AUGUST 22, 2022 | OMNIVORE

## HOORAY, IT'S MONDAY!

We have your back this week, friends! This week's menu is aimed at making your life just a bit easier and more delicious. Look for gyro burgers with cucumber salad and red cabbage slaw, a cold soba noodle and veg salad with spicy peanut sauce, and sweet corn risotto with burst cherry tomatoes, zucchini and cranberry beans. Who wouldn't want to eat those quick and easy meals? YUM.



**grilled lamb gyro burger**  
with red cabbage slaw, tzatziki and  
cucumber dill salad



**cold soba noodle salad**  
with spicy peanut sauce and chicken



**sweet corn risotto**  
with cranberry beans, zucchini and  
cherry tomatoes



### PRODUCER SPOTLIGHT

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

Pinn-Oak Ridge Farm  
Madison Sourdough Co.  
Elderberry Hill Farm  
Winterfell Acres  
Alsum Sweet Corn  
Meadowlark Organics

### EXTRA GOODNESS

## **brown butter chocolate chip cookie dough**

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.

Contains: Milk, wheat, egg, 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

# grilled lamb gyro burger

with red cabbage slaw, tzatziki and cucumber dill salad

PREP &  
COOK TIME

30  
MINUTES

IN YOUR BAG

Lamb Burger Mix

Red Cabbage  
Slaw

Tzatziki

Cucumber Dill  
Salad

MSCo Brioche  
Bun

PAIR WITH

the fruity and tannic Catena Malbec 2019 or the full-bodied and hoppy Double IPA from Giant Jones Brewing

GRILLING INSTRUCTIONS

- 1 Preheat a grill for medium high heat.
- 2 Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly.
- 3 Grill burgers on the preheated grill, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160°F, about 8 to 12 minutes, or to desired doneness.\*
- 4 Slice buns in half and grill or toast bun briefly. Give both the red cabbage slaw and cucumber salad a quick stir to redistribute the dressing.
- 5 Place burger on toasted bottom bun; top with cabbage slaw, tzatziki sauce and top bun. Serve cucumber dill salad alongside the assembled burgers, along with any extra red cabbage slaw, and dig in.

STOVETOP INSTRUCTIONS

Follow instructions above, but instead of using a grill, heat a small amount of olive oil or butter in a skillet over medium high heat. Place burgers in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160°F, or to desired doneness.\*

*\*Consuming raw or undercooked burgers may increase your risk of foodborne illness.*

**Lamb Burger Mix:** Beef, lamb, red onions, feta (milk, salt, cheese cultures, enzymes, potato starch), garlic, oregano, mint, parsley, salt, pepper **Red Cabbage Slaw:** Red cabbage, vinegar, sugar, salt **Tzatziki:** Greek yogurt, cucumber, garlic, lemon juice, olive oil, dill, salt **Cucumber Dill Salad:** Cucumber, pickled red onion (red onion, white vinegar, salt, sugar, spices), vinegar, dill, mint, sugar, salt **MSCo Brioche Bun:** Flour, butter, sugar, eggs, milk powder, salt, yeast, water

*Contains: Beef, lamb, milk, wheat, egg*

② READY-TO-EAT

# cold soba noodle salad with spicy peanut sauce and chicken

Bring a pot of salted water to boil.

Once water is boiling, cook soba noodles for 3 to 5 minutes, or until tender. Rinse under cold water until the noodles are completely cold. Shake off excess water.

Toss cooled and drained noodles with dressing and vegetables.

Plate noodles and top with the shredded chicken. Enjoy!

**Spicy Peanut Sauce:** Peanut butter, water, soy sauce, maple syrup, lime, sriracha (chili, sugar, salt, vinegar, potassium sorbate, sodium bisulfate, xanthum gum), salt **Vegetable Jar:** Napa cabbage, cucumber, carrot, radish, bell pepper, red onion, cilantro **Soba:** Wheat flour, buckwheat flour, salt, water **Chicken:** Chicken, fennel, sichuan pepper, star anise, clove, black pepper, salt

*Contains: Wheat, soy, sesame, peanut, poultry*

③ FARM-TO-FREEZER

# sweet corn risotto with cranberry beans, zucchini & cherry tomatoes

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