

PASTURE AND PLENTY

AUGUST 22, 2022 | VEGETARIAN

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 black bean gyro
burger with red cabbage slaw, tzatziki
and cucumber dill salad**



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



**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 black bean gyro burger

with red cabbage slaw, tzatziki and cucumber dill salad

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Bean 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 bean 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 bean burgers on the preheated grill, turning occasionally, until heated through and the internal temperature (measured with an instant thermometer) reads 165°F.
- 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 165°F.

Bean Burger Mix: Black bean, onion, poblano pepper, garlic, chipotle, walnut, feta (milk, salt, enzymes), mayonnaise (sunflower oil, egg, red wine vinegar, dijon, salt), egg, panko (wheat flour, cane sugar, yeast, salt) **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: Tree nut, milk, egg, wheat

② READY-TO-EAT

cold soba noodle salad with spicy peanut sauce and tofu

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.

Meanwhile, preheat a frying pan over medium heat with a layer of olive oil; when the pan is hot enough, the oil will begin to shimmer. Reheat tofu cubes until warmed through, turning once, about 3 minutes per side.

Plate noodles and top with the hot tofu. 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 **Tofu:** Tofu, fennel, sichuan pepper, star anise, clove, black pepper, salt

Contains: Wheat, soy, sesame, peanut

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

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