

PASTURE AND PLENTY

SEPTEMBER 6, 2022 | VEGETARIAN

HOORAY, IT'S TUESDAY!

We hope you got out, enjoyed the weather and did all the things this Labor Day weekend! Because we have your backs this week! We packed your meal kits with fresh, local pasta from RP's with caramelized onions, herbed ricotta and loads of veg, buffalo cauliflower-chickpea lettuce wraps with apple cabbage slaw, and a hearty, member-fave... feijoada! Oh, and we tossed in some fresh, local peaches to roast up, too, because you deserve it! Happy Week!



RP's fettucine
with caramelized onions, kale, cherry tomatoes and herb ricotta



buffalo cauliflower and chickpea lettuce wraps
with cabbage apple slaw and house-made ranch dressing



black bean, carrot, and squash feijoada
with scallion brown rice and kale



PRODUCER SPOTLIGHT

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

RP's Pasta
Winterfell Acres
Vitruvian Farms
Elderberry Hill Farm
Superior Fresh
Marr's Valley View Farm
Saffi Saana

EXTRA GOODNESS

honey roasted peaches

Instructions: Cut peach in half and remove pit. Place cut side up in a small baking dish. Spoon honey syrup over the top and pool in the center. Bake at 350 degrees for 25 minutes, or until tender. Enjoy!

Ingredients: Peach, honey, vanilla extract, cinnamon, cloves, nutmeg, salt

Contains: Cinnamon/nutmeg

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 fettucine with caramelized onions, kale, cherry tomatoes and herb ricotta

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

RP's Fettucine

Caramelized
Onion Sauce

Herbed Ricotta

Vegetable Bag

PAIR WITH

the brightly fruity
and silky Shelter
"Lovely Lilly"

Pinot Noir 2019
or

with the easily
quaffable Sweet
Sunglasses Blonde
Ale from Hop
Haus

1 Remove the vegetables from their bag. Peel and thinly slice the cippolini onion; set aside. Then, rinse and dry the scallions, kale and cherry tomatoes. Thinly slice the scallions, de-stem and roughly chop the kale, then set them both aside.

2 Next, heat a few tablespoons of oil in a large sauté pan over medium heat until just beginning to shimmer in the pan. Add sliced cippolini onions to the pan and cook, stirring occasionally to prevent from sticking, until cippolinis are softened, about 10 to 15 minutes. Season with salt and pepper, then stir. Add the cherry tomatoes and cook until they burst, about 5 more minutes.

3 Meanwhile, 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 pasta. Once the water is at a roiling boil, carefully place it into the water. Stir immediately to prevent the noodles from sticking together. Cook for 4 to 5 minutes until preferred al dente texture and drain, reserving some of the pasta water.

4 Add the caramelized onion sauce and a bit of reserved pasta water to the sauté pan with the cippolinis and cherry tomatoes. Stir veg and sauce together. After a minute or so, add the pasta, kale and scallions. Toss to coat everything evenly, cooking for just a few more minutes to wilt the greens.

5 Divide pasta onto plates and top with the herbed ricotta. Buon appetito!

RP's Fettucine: Semolina flour, water, egg, salt **Caramelized Onion Sauce:** Red onion, white onion, balsamic vinegar, brown sugar, water, chive, thyme, salt, pepper **Herbed Ricotta:** Ricotta (whey, pasturized milk, skim milk, vinegar, salt, xanthum gum), heavy cream, dill, parsley, chive, thyme, salt, pepper **Vegetable Bag:** Cherry tomato, cippolini onion, scallion, kale

Contains: Milk, wheat, egg

② READY-TO-EAT

buffalo cauliflower and chickpea lettuce wraps with slaw and ranch

Preheat oven to 400°F. While oven is preheating, separate leaf lettuce, wash under cold water, and then dry.

Bake cauliflower and chickpeas on a sheet pan in preheated oven until hot and crispy, about 10 to 20 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave cauliflower on medium high until hot, about 3 to 5 minutes.

Divide cauliflower and chickpeas onto lettuce wraps. Top with slaw and ranch dressing, or serve slaw on the side. Dig in!

Buffalo Cauliflower: Cauliflower, garbanzo bean, celery, spices, butter, cayenne, distilled vinegar, water, garlic powder, salt

Apple Cabbage Slaw: Green cabbage, purple

cabbage, carrot, apple, red wine vinegar,

chives, cilantro, parsley, sugar, salt

House Ranch: Buttermilk, sour cream, egg, sunflower

oil, red wine vinegar, mustard, onion powder,

garlic powder, herbs, lemon, salt, pepper

Lettuce

Contains: Milk, egg

③ FARM-TO-FREEZER

black bean, carrot, and squash feijoada with scallion brown rice and kale

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

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M 3:30pm-7:30pm T-F 11am-7pm

SAT 9am-1pm