

PASTURE AND PLENTY

SEPTEMBER 19, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

Who's excited for another week of gorgeous Fall weather? We sure are! Cool, crisp mornings with warm afternoons are the best and we think our menu selections are perfect for this time of year! So enjoy your roasted sweet potato ciabatta sandwich with spiced chickpea salad, cherry tomato ragù over creamy polenta and loaded veggie fried rice, y'all. And, as an added bonus, we brought back our Fall fave for you: rye molasses cookie dough! Yay!



blackened sweet potato sandwich on ciabatta with spiced chickpea salad



cherry tomato, celeriac and onion ragù over creamy parmesan polenta



P&P loaded vegetable fried rice with roasted tofu



PRODUCER SPOTLIGHT

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

Winterfell Acres
Driftless Organics
Madison Sourdough Co.
Vitruvian Farms
Meadowlark Organics
Sartori Cheese
Fifth Season Co-op
Tina's Co-op
Saffi Saana

EXTRA GOODNESS

rye molasses cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 325°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes, rotating halfway through for an even bake.

Ingredients: rye flour, ap flour, sugar, butter, eggs, molasses, baking soda, ginger, cinnamon, cloves, salt

Contains: *Wheat, egg, dairy, cinnamon*

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

blackened sweet potato sandwich on ciabatta with spiced chickpea salad

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Blackened
Sweet Potato

MSCo Ciabatta

Cilantro Lime
Crema

Rajas Salsa

Arugula

Chickpea Salad

PAIR WITH

the fresh and
fruity Hunky Dory
Sauvignon Blanc
2019

or

with the crisp and
fruity Extra Blonde
Ale from Giant
Jones

- 1 Preheat oven to 350°F.
- 2 Place the blackened sweet potatoes on a baking sheet and bake until hot, about 10 minutes. Or, heat the sweet potato in the microwave on high until hot, about 2 to 3 minutes.
- 3 Slice the ciabatta in half and heat in the preheated oven or a toaster oven until lightly browned. Spread the crema on both halves of the toasted ciabatta. Then, on the bottom half, layer on the sweet potatoes, rajas salsa, and arugula. Finish with the top half.
- 4 Plate the sandwiches, give the chickpea salad a good stir and serve on the side. Dig in!

Blackened Sweet Potato: Sweet potato, olive oil, cumin, chile powder, onion powder, garlic powder, salt, pepper **MSCo Ciabatta:** Flour, water, salt, yeast **Cilantro Lime Crema:** Sour cream, cilantro, lime, salt, pepper **Rajas Salsa:** Red bell pepper, red snack pepper, yellow snack pepper, orange snack pepper, cherry tomato, tomato, rice vinegar, cilantro, sugar, salt, pepper, lime juice **Chickpea Salad:** Chickpea, red onion, cucumber, red bell pepper, feta (milk, cheese culture, salt, enzyme) garlic, lemon, parsley, turmeric, paprika, salt, pepper **Arugula**

Contains: Wheat, milk

② READY-TO-EAT

cherry tomato, celeriac and onion ragù over creamy parmesan polenta

Reheat ragù in a saucepan over medium heat, stirring often, until hot, about 6 to 8 minutes. If necessary, add a splash of water to thin sauce as it heats.

Warm polenta in a separate saucepan over medium-low heat until hot, stirring frequently, until hot, about 8 minutes. Add more water (or milk) as necessary; polenta should be soft, creamy and slightly loose. To make it extra creamy, feel free to add a tablespoon or two of butter, as well.

Plate your creamy polenta and ladle the ragù over top. Enjoy!

Ragù: onion, celeriac, cherry tomato, celery, carrot, tomato paste, salt, pepper **Polenta:** Polenta, water, milk, sarvecchio, salt, pepper

Contains: Alcohol, milk, wheat

③ FARM-TO-FREEZER

P&P loaded vegetable fried rice with roasted tofu

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