

PASTURE AND PLENTY

SEPTEMBER 26, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

Early Fall is the perfect marriage of cool, sunny weather and the last of our favorite summer produce, don't you think? Look for delicious local greens in both the Vietnamese lettuce wraps and as a side for your Ready-to-Eat meal. And, look for alllll of the tomatoes in the galettes, cavatappi and muffins. Corn, peppers and broccoli are thrown in there, too, friends! It's going to be a veg-tastic, delicious week. We can't wait.



PRODUCER SPOTLIGHT

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

Enos Farms
Winterfell Acres
Elderberry Hill Farm
Driftless Organics
Saffi Saana
Tart
Troy Farm
Sartori Cheese

EXTRA GOODNESS

tomato spice muffins

Instructions: Store at room temperature and enjoy within 5 days.

Ingredients: Tomatoes, ap flour, sugar, eggs, canola oil, molasses, baking soda, cinnamon, nutmeg, salt, ginger

Contains: Wheat, egg, cinnamon/nutmeg



Vietnamese cauliflower ball lettuce wraps with pickled carrots, vegetarian nuoc cham and rice vermicelli



corn, tomato and goat cheese galette from Tart with mixed greens and herb vinaigrette



creamy baked cavatappi with cranberry beans, broccoli and roasted tomatoes

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

Vietnamese cauliflower ball lettuce wraps with pickled carrots, vegetarian nuoc cham and rice vermicelli

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Cauliflower Balls

Vegetarian
Nuoc Cham

Pickled Carrots

Rice Vermicelli

Greens Bag

PAIR WITH

the acidic and
fruity Domaine
Les Mesclances
"Charmes"
Méditerranée
Rosé 2021

or

with the crisp and
clean Brw-Ski
Lager from
Badger State
Brewing Co.

- 1 Preheat oven to 375°F. Place cauliflower balls (they are pre-cooked) in a shallow baking dish; cover with foil. Reheat in the preheated oven until heated through, about 20 minutes.
- 2 Meanwhile, bring a pot of well salted water to boil. Separate the lettuce leaves; wash and dry the leaves, along with the cilantro and mint. Set the lettuce aside. Pull the herb leaves from their stalks and give them a rough chop.
- 3 Once water is boiling, cook noodles for 3 to 5 minutes, or until tender. Drain and rinse noodles under cold water. Shake off excess water. In a bowl, toss noodles with some of the vegetarian nuoc cham (to taste) and the herbs and pickled carrots.
- 4 Serve the cauliflower balls and noodle salad with the lettuce leaves for wrapping. The remaining vegetarian nuoc cham can be spooned onto the wraps, if desired. Dig in!

Cauliflower Balls: Brown rice, cauliflower, white quinoa, red quinoa, onion, garlic, serrano, cilantro, lime, salt, pepper

Vegetarian Nuoc Cham: Water, lime, lemon, soy sauce, garlic, sugar, thai chile

Pickled Carrots: Carrot, white vinegar, lime, water, salt, sugar, pepper, garlic, chile de arbol, bay leaf, pink peppercorn

Rice Vermicelli: Rice flour, water **Greens Bag:** Lettuce, Cilantro, Mint

Contains: Wheat, soy, sesame

② READY-TO-EAT

corn, tomato and goat cheese galette from Tart with mixed greens and herb vinaigrette

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Enjoy!

Galettes: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin (vitamin B3), reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), hard white whole wheat flour, sugar, kosher salt, butter (pasteurized cream, natural flavoring), tomato, corn, goat cheese (pasteurized goat's milk, salt, bacterial culture, microbial enzymes), basil, parsley, olive oil, salt **Herb Vinaigrette:** Canola oil, white wine vinegar, dijon mustard, honey, shallot, garlic, thyme, dill, parsley, tarragon, salt, pepper **Mixed Greens**

Contains: Milk, wheat

③ FARM-TO-FREEZER

creamy baked cavatappi with cranberry beans, broccoli and roasted 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
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm