

PASTURE AND PLENTY

OCTOBER 17, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

And here's to hoping the week ahead will be GREAT! As always, it's our goal that our meals will help make that happen. If even a little. :) So enjoy chicken shawarma with crunchy Israeli salad and creamy toum, local RP's rigatoni with our famous bolognese sauce and Thelma Sanders and honeynut squash risotto! And know that we're rooting for you! Now, doesn't that sound good?



chicken shawarma with Israeli salad, dill lemon toum and pita



RP's rigatoni with bolognese sauce



thelma sanders and honeynut squash risotto with white beans, vitruvian farm mushrooms and kale



PRODUCER SPOTLIGHT

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

Enos Farms

RP's Pasta

Elderberry Hill Farm

Vitruvian Farm

Winterfell Acres

Driftless Organics

Sartori Cheese

Saffi Saana

Circadian Farms

EXTRA GOODNESS

P&P granola

Instructions: Store at room temperature and enjoy within two weeks.

Ingredients: Old fashioned oats, pecans, pumpkin seeds, unsweetened coconut, cranberries, flaxseed, almonds, maple syrup, light brown sugar, virgin coconut oil, vanilla extract, kosher salt.

Contains: Tree nut, coconut

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

chicken shawarma

with Israeli salad, dill lemon toum and pita

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Chicken
Shawarma

Israeli Salad

Lemon Oil
Dressing

Dill Lemon Toum

Pita

PAIR WITH

the fresh and
fruity Hunky Dory
Sauvignon Blanc
2019

or

with the crisp and
fruity Extra Blonde
Ale from Giant
Jones

- 1 Heat a skillet over medium-high heat. Add a tablespoon or two of olive oil and, once hot, add chicken to pan and cook until heated through, 3 to 4 minutes.
- 2 Shake lemon-oil dressing to emulsify then use to dress Israeli salad.
- 3 Warm pita for a few seconds in the microwave or a few minutes in the toaster oven.
- 4 Portion chicken and salad onto plates, serve with toum and pita. Enjoy!

Chicken Shawarma: Chicken, olive oil, lemon juice, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, red chile flake
Israeli Salad: Green cabbage, cucumber, tomato, red onion, red bell pepper, yellow bell pepper, kalamata olive, parsley, mint, cilantro
Lemon Oil Dressing: Olive oil, lemon juice
Dill Lemon Toum: Canola oil, garlic, lemon, dill, water, salt
Pita: Enriched wheat flour, water, contains 2% or less of each of the following ingredients: calcium propionate, corn syrup solids, enzymes, fumaric acid, guar gum, salt, sesame flour, sodium bicarbonate, sorbic acid, soybean oil, soy flour, sugar, sunflower oil, vegetable monoglycerides, whole wheat flour and yeast

Contains: Cinnamon/nutmeg, milk, olives, wheat, sesame, soy, poultry

② READY-TO-EAT

RP's rigatoni

with bolognese sauce

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 pasta from sticking together. Reduce the heat to a gentle boil and cook for 4 to 5 minutes or until preferred al dente texture and drain, reserving a bit of pasta cooking water for later.

Meanwhile, heat a sauté pan over medium heat and add the pasta sauce to the pan, stirring occassionally. Once the sauce is hot, add the cooked pasta to the pan along with a little pasta water, as needed, to thin out the sauce. Toss to coat everything evenly.

Divide pasta onto plates and top with the sarvecchio. Buon appetito!!

Bolognese Sauce: Tomato, pork, chicken stock, carrot, onion, celery, garlic, red chile flake, heavy cream, red wine vinegar, wine, thyme, sugar, salt, pepper
RP's Rigatoni: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt
Herbed SarVecchio: Sarvecchio (milk, culture, salt, enzyme), parsley, chive, thyme, rosemary

Contains: Pork, poultry, milk, alcohol, wheat, egg

③ FARM-TO-FREEZER

thelma sanders and honeynut squash risotto with white beans, vitruvian farm mushrooms and kale

See label for instructions and ingredients.



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

PASTURE AND PLENTY

OCTOBER 17, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

And here's to hoping the week ahead will be GREAT! As always, it's our goal that our meals will help make that happen. If even a little. :) So enjoy chickpea cauliflower shawarma with crunchy Israeli salad and creamy toum, local RP's rigatoni with our veg-laden and flavor-heavy roasted red pepper fennel ragù and Thelma Sanders and honeynut squash risotto! And know that we're rooting for you! Now, doesn't that sound good?



chickpea cauliflower shawarma with Israeli salad, dill lemon toum and pita



RP's rigatoni with roasted red pepper fennel ragù



thelma sanders and honeynut squash risotto with white beans, vitruvian farm mushrooms and kale



PRODUCER SPOTLIGHT

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

Enos Farms
RP's Pasta
Elderberry Hill Farm
Vitruvian Farm
Winterfell Acres
Driftless Organics
Sartori Cheese
Saffi Saana
Circadian Farms

EXTRA GOODNESS

P&P granola

Instructions: Store at room temperature and enjoy within two weeks.

Ingredients: Old fashioned oats, pecans, pumpkin seeds, unsweetened coconut, cranberries, flaxseed, almonds, maple syrup, light brown sugar, virgin coconut oil, vanilla extract, kosher salt.

Contains: Tree nut, coconut

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

chickpea cauliflower shawarma with Israeli salad, dill lemon toum and pita

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Chickpea
Cauliflower
Shawarma

Israeli Salad

Lemon Oil
Dressing

Dill Lemon Toum

Pita

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 400°F. Reheat cauliflower and chickpeas on a sheetpan in preheated oven until heated through and crispy, 10 to 12 minutes.
- 2 Shake lemon-oil dressing to emulsify then use to dress Israeli salad.
- 3 Warm pita for a few seconds in the microwave or a few minutes in the preheated oven.
- 4 Portion cauliflower-chickpea shawarma and salad onto plates, serve with yogurt sauce and pita. Enjoy!

Chickpea Cauliflower Shawarma: Cauliflower, garbanzo bean, olive oil, lemon juice, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, red chile flake
Israeli Salad: Green cabbage, cucumber, tomato, red onion, red bell pepper, yellow bell pepper, kalamata olive, parsley, mint, cilantro
Lemon Oil Dressing: Olive oil, lemon juice
Dill Lemon Toum: Canola oil, garlic, lemon, dill, water, salt
Pita: Enriched wheat flour, water, contains 2% or less of each of the following ingredients: calcium propionate, corn syrup solids, enzymes, fumaric acid, guar gum, salt, sesame flour, sodium bicarbonate, sorbic acid, soybean oil, soy flour, sugar, sunflower oil, vegetable monoglycerides, whole wheat flour and yeast

Contains: Cinnamon/nutmeg, milk, olives, wheat, sesame, soy

② READY-TO-EAT

RP's rigatoni with roasted red pepper fennel ragù

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 pasta from sticking together. Reduce the heat to a gentle boil and cook for 4 to 5 minutes or until preferred al dente texture and drain, reserving a bit of pasta cooking water for later.

Meanwhile, heat a sauté pan over medium heat and add the pasta sauce to the pan, stirring occasionally. Once the sauce is hot, add the cooked pasta to the pan along with a little pasta water, as needed, to thin out the sauce. Toss to coat everything evenly.

Divide pasta onto plates and top with the sarvecchio. Buon appetito!

Roasted Red Pepper Fenne Ragù: Tomato, red pepper, fennel, carrot, onion, celery, garlic, red chile flake, heavy cream, red wine, red wine vinegar, thyme, sugar, salt, pepper
RP's Rigatoni: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt
Herbed SarVecchio: Sarvecchio (milk, culture, salt, enzyme), parsley, chive, thyme, rosemary

Contains: Milk, alcohol, wheat, egg

③ FARM-TO-FREEZER

thelma sanders and honeynut squash risotto with white beans, vitruvian farm mushrooms and kale

See label for instructions and ingredients.



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