

# PASTURE AND PLENTY

JANUARY 9, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Hi, friends! We couldn't source enough split peas for your soup, so we supplemented with black-eyed peas, a traditional food for a lucky New Year! And, y'all, it's delicious: creamy, broken-down split pea soup, rich with a soffritto of onion, celery and carrot, spiced with warming cumin and turmeric, toasty from some local lager, and with a toothy bite from black-eyed peas. And with a mustard seed chili oil drizzled on top? Perfection, y'all.



**sabzi sweet potatoes  
with turmeric paneer, kale and mint lime  
yogurt**



**split pea and black-eyed pea  
soup with mustard chili drizzle and  
MSCo dinner roll**



**chickpea coconut cashew  
curry over brown rice**



### PRODUCER SPOTLIGHT

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

Elderberry Hill Farm

Winterfell Acres

Marr's Valley View Farm

Madison Sourdough Co.

Saffi Saana

### EXTRA GOODNESS

## vegan lemon coconut scones

Instructions: Keep scones frozen until ready to bake. If desired, roll in granulated sugar before placing on a parchment paper-lined baking sheet. Bake at 350°F for about 12-15 minutes, or until lightly browned.

Ingredients: AP flour, almond flour, sugar, lemons, coconut oil, coconut milk, baking soda, salt

**Contains: Wheat, tree nuts (almond), 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

## sabzi sweet potatoes

with turmeric paneer, kale and mint lime yogurt

PREP &  
COOK TIME

50  
MINUTES

IN YOUR BAG

Sweet Potato

Kale

Turmeric  
Spice Mix

Mint Lime Yogurt

Sabzi Mix

Paneer

PAIR WITH

the fruity and tannic Catena Malbec 2019

or

the full-bodied and hoppy Double IPA from Giant Jones Brewing

- 1 Preheat the oven to 475°F with a rack in the middle position. Line a rimmed baking sheet with kitchen parchment. Strip the kale leaves from their stems and roughly chop (discarding the stems); set aside.
- 2 Wash and dry the sweet potatoes before cutting them into 1" chunks. Grab a large bowl. You'll be using this until the very end. In your bowl, combine the sweet potatoes, a splash of olive oil and salt (as desired). Toss to coat, then transfer to the prepared baking sheet, distributing in an even layer.
- 3 Cut your paneer into about 1" cubes and, in the same bowl, toss the paneer with the turmeric spice mix; set aside.
- 4 Place baking sheet with sweet potatoes in the preheated oven. Roast for about 15 minutes, then remove to stir and push to one side of the sheet pan. Add the spiced paneer on the other side of the pan. Roast until the paneer and sweet potatoes turn golden brown and a skewer inserted into the largest pieces of sweet potato meets no resistance, about 15 to 20 more minutes.
- 5 Meanwhile, add the kale leaves your bowl and toss with a splash of olive oil and a little pinch of salt. Mix kale into the sweet potatoes on the baking sheet for the last 3-5 minutes of roasting.
- 6 When the veg and paneer are done, remove from oven. In your bowl, toss the roasted sweet potatoes and kale to coat with the sabzi spice mixture.
- 7 Plate the sweet potatoes and kale, top with the turmeric roasted paneer. Drizzle with the yogurt sauce and enjoy!

**Paneer:** Milk, citric acid **Sabzi Mix:** Coconut, sesame seed, mustard seed, jalapeño, garlic, cilantro, cumin, salt, pepper

**Turmeric Spice Mix:** Turmeric, cumin, coriander, mustard powder, smoked paprika, salt, onion powder, garlic powder, cayenne, pepper **Mint Lime Yogurt:** Greek yogurt, heavy cream, lime, mint, red wine vinegar, garlic, salt, pepper.

**Sweet Potato, Kale**

Contains: Sesame, coconut, milk

② READY-TO-EAT

## split pea and black-eyed pea soup with mustard chili drizzle and MSCo dinner roll

Reheat soup with a splash of water in a sauce pan over medium-low heat until hot, about 6 to 8 minutes.

Meanwhile, reheat roll in toaster oven or microwave until warm. Remove lid from mustard chili sauce. Cover with a paper towel and microwave until oil is no longer solid, about 5 to 10 seconds or so. Give sauce a brief stir and then drizzle over the top of each bowl.

Portion soup into bowls, drizzle with the mustard chili sauce and serve rolls alongside. Dig in!

**Soup:** Vegetable stock, split green pea, black-eyed pea, onion, carrot, celery, garlic, turmeric, red wine vinegar, salt, fennel, smoked paprika, red chile flake, cumin seed.

**MSCo Roll:** Flour, water, salt **Sauce:** Olive oil, mustard seed, red chile flake, chile de arbol

Contains: Alcohol

③ FARM-TO-FREEZER

## chickpea coconut cashew curry over brown rice

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