

PASTURE AND PLENTY

MARCH 13, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're excited to about today's menu, y'all! Bulgogi burgers (yes, even in late Winter, they are delicious always) with bright, crunchy toppings, warming posole rojo with classic sliced cabbage and radish, and a creamy, slightly spicy, buffalo mac and cheese (doesn't it look SO good?). Plus, as an early St. Patrick's Day treat, we added in a little Irish Cream Mousse. Yum. It's going to be a good, good week!



black bean walnut bulgogi burger with kimchi mayo, pickled daikon and red cabbage slaw on ciabatta and roasted potatoes



Milpa's jackfruit posole rojo with shredded cabbage & radish and a lime crema



buffalo cauliflower mac and cheese with celery, carrots and spinach



PRODUCER SPOTLIGHT

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

Arndt Family Farms
Winterfell Acres
Madison Sourdough Co.
Elderberry Hill Farm
Milpa
JenEhr Family Farm
Hooks Cheese
Saffi Saana

EXTRA GOODNESS

Irish cream mousse

Instructions: Keep chilled and enjoy within 3 days.

Ingredients: Cream cheese, heavy cream, Irish cream liqueur, powdered sugar, vanilla extract

Contains: Milk, alcohol

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

black bean walnut bulgogi burger
with kimchi mayo, pickled daikon and red cabbage slaw on
ciabatta and roasted potatoes

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

- Black Bean Walnut Bulgogi Burger Mix
- Kimchi Aioli
- Pickled Daikon
- Cabbage Slaw
- Ciabatta
- Potatoes

PAIR WITH

the fresh and fruity El Jefe Tempranillo or the crisp and balanced Two Women Lager from New Glarus Brewing

- 1 Preheat oven to 425°F.
- 2 Cut the potatoes (you can peel them first, if desired) into 1/2" to 3/4" thick wedges. Place potatoes on sheet pan, then toss with olive oil, salt and pepper (to taste).
- 3 Roast potatoes in the preheated oven for about 30 minutes, flipping about halfway through. Potatoes should be tender on the inside, but crispy and brown on the edges. If not tender, roast longer, checking for doneness in 5 minute increments and flipping each time you check.
- 4 While the potatoes are cooking, divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly.
- 5 Heat a small amount of olive oil or butter in a skillet over medium high heat. Place burgers in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160°F, or to desired doneness.*
- 6 Slice buns in half and toast bun briefly in the hot oven. Give both the red cabbage slaw to redistribute the dressing and take the daikons out of their pickling liquid.
- 7 Place burger on toasted bottom bun; top with cabbage slaw, pickled daikon, kimchi aioli, and top bun. Serve roasted potato wedges alongside the assembled burgers, along with any extra aioli for dunking, and dig in!

Black Bean Walnut Bulgogi Burger Mix: Black bean, onion, poblano pepper, garlic, mayo, egg, panko, soy sauce, gochujang (wheat flour, corn syrup, water, hot pepper powder, salt, wheat, distilled alcohol [contains barley, wheat], defatted soybean powder, koji), garlic, brown sugar, rice wine vinegar, sesame oil. **Vegetarian Kimchi Aioli:** Sunflower oil, vegan kimchi (napa cabbage, daikon, carrot, green onion, garlic, ginger, sugar, korean pepper, salt.) egg, dijon mustard, red wine vinegar, salt, pepper. **Pickled Daikon:** White daikon, white vinegar, sugar, salt, turmeric, chile de arbol, bay leaf **Cabbage Slaw:** Purple cabbage, sugar, rice vinegar, salt **Ciabatta:** Flour, water, salt, yeast **Potatoes**

Contains: Milk, wheat, tree nut, egg, sesame, alcohol, soy

② READY-TO-EAT

Milpa's jackfruit posole rojo
with shredded cabbage & radish and a lime crema
cilantro slaw

Warm soup over medium-low heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes. Alternately, heat in microwave on medium high, stirring every minute, for about 4 minutes.

Meanwhile, thinly slice radish and toss with sliced cabbage.

Portion hot posole into bowls, garnish with sliced cabbage and radish, then dollop the lime crema on top. Enjoy!

Milpa's Posole Rojo: Water, white corn, jackfruit, toddy palm, chiles, garlic, spices **Lime Crema:** Sour cream, heavy cream, lime, salt **Cabbage, Radish**

Contains: Milk (optional)

③ FARM-TO-FREEZER

buffalo cauliflower mac and cheese
with celery, carrots and
spinach

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