

PASTURE AND PLENTY

APRIL 10, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

We hope you enjoy this week's menu! Everyone's favorite chicken shawarma with a crisp, fresh apple and cabbage slaw and creamy toum (a garlic based sauce and SO tasty) is back! Then, we're debuting a simple, garam-masala spiced Indian lentil dish over cilantro rice and topped with crispy coconut and fried shallots. And last, but certainly not least, we have classic shepherd's pie! We added in some dark chocolate macaroons, too. Because chocolate.



cauliflower chickpea shawarma with apple cabbage slaw, dill lemon toum and pita



urad dal over cilantro rice with coconut shreds and fried shallots



roasted celeriac shepherd's pie with sarvecchio mashed potatoes



PRODUCER SPOTLIGHT

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

Winterfell Acres

Saffi Saana

Arndt Family Farm

Sartori Cheese

Sassy Cow Creamery

Vitruvian Farms

Elderberry Hill Farm

EXTRA GOODNESS

dark chocolate macaroon

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

Ingredients: Coconut, cocoa powder, maple syrup, coconut oil, vanilla extract, salt

Contains: Coconut, chocolate

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

cauliflower chickpea shawarma
with apple cabbage slaw, dill lemon toum and pita

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Cauliflower
Chickpea
Shawarma

Apple Cabbage
Slaw

Dill Lemon
Toum

Pita

PAIR WITH
the fresh and
fruity Hunky
Dory
Sauvignon
Blanc 2019
or
with the
hoppy Fantasy
Factory IPA
from Karben4
Brewing

- 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 Give cabbage and apple slaw a stir to redistribute the dressing evenly.
- 3 Warm pita for a few seconds in the microwave or a few minutes in the toaster oven.
- 4 Portion cauliflower chickpea shawarma and slaw onto plates, serve with toum and warmed pita. Enjoy!

Cauliflower Chickpea Shawarma: Cauliflower, garbanzo bean, olive oil, lemon juice, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, red chile flake
Apple Cabbage Slaw: Red cabbage, carrot, apple, pepita, scallion, cilantro, canola oil, apple cider vinegar, honey, dijon, cumin, coriander, salt, pepper
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, milk, sesame flour, sodium bicarbonate, sorbic acid, soybean oil, soy flour, sugar, sunflower oil, vegetable monoglycerides, whole wheat flour and yeast.

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

② READY-TO-EAT

urad dal over cilantro rice with coconut shreds and fried shallots

Heat dal and rice in a separate sauce pans over medium-low heat for about 6 to 8 minutes until warmed through. If needed, add up to 1/4 cup of water to each, stirring occasionally to prevent sticking.

Alternatively, reheat dal and rice in the microwave for 2 to 3 minutes until warmed through, adding a few tablespoons of water and occasionally stirring as necessary.

Divide rice into bowls, ladle dal on top of rice and garnish with coconut and shallots. Dig in!

Urad Dal: Black gram, vegetable stock, coconut milk, garlic, ginger, butter, salt, pepper, garam masala, smoked paprika, kashmiri chili powder, turmeric, yellow curry powder, red chili flake, black mustard seed
Cilantro Rice: White rice, water, cilantro, salt
Coconut Shreds & Fried Shallots: Coconut, shallot, canola oil, salt, pepper

Contains: Cinnamon/nutmeg, milk, coconut

③ FARM-TO-FREEZER

roasted celeriac shepherd's pie with sarvecchio mashed potatoes

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