

# PASTURE AND PLENTY

APRIL 17, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We hope you enjoyed the glorious weather this past week, because BRRRR. This return to rainy, cool weather is no joke. But! Never fear, because we have some cozy, faves for you this week! Heart-warming bowls of local RP's fusilli with roasted cauliflower and a creamy, flavor-packed sauce; piping hot classic three bean chili topped with freshly made tortilla chips from La Cosecha; and hearty roasted squash adobo from Milpa! Add in some brownies? Heaven!



**RP's creamy fusilli** with roasted cauliflower, capers, and herbed white beans



**three bean chili** with La Cosecha tortilla chips and cilantro lime crema



**Milpa's roasted adobo squash** with black beans and brown rice



### PRODUCER SPOTLIGHT

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

Milpa  
La Cosecha  
RP's Pasta  
Sartori Cheese  
Vitruvian Farm  
Arndt Family Farm

### EXTRA GOODNESS

## dark chocolate sea salt brownies

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

Ingredients: Sugar, chocolate, butter, ap flour, brown sugar, eggs, cocoa powder, salt, vanilla extract

Contains: *Chocolate, milk, egg, wheat*

### 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

**RP's creamy fusilli** with roasted cauliflower, capers, and herbed white beans

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

- RP's Fusilli
- Cream Sauce
- Sarvecchio & Pine Nuts
- Cauliflower
- Herbed White Beans

PAIR WITH

the fresh and chalky Jean Marc Barthez Bordeaux Blanc or with wheaty and malty Pale Weizenbock from Giant Jones

- 1 Preheat oven to 425°F. Toss cauliflower with olive oil and salt and pepper; spread in a single layer onto a baking sheet.
- 2 Roast cauliflower in the preheated oven for about 15 minutes. Stir cauliflower and check for doneness. The cauliflower should be softer, well-browned and caramelized. A common pitfall when roasting cauliflower is stopping once it is tender: you have to stick with it, continuing to roast until the color goes from creamy white to deeply, impossibly golden brown. If not done, roast longer, checking for doneness in 5 minute increments (and gently stirring or flipping the veg each time).
- 3 Meanwhile, bring a large pot of salted water — salty like the sea — to a boil over high heat; drop in fusilli and cook until tender with a bite, about 3 minutes. Drain fusilli, reserving a cup or so of pasta cooking water; set aside.
- 4 Warm white beans in a small saucepan over low heat until heated through, about 5 minutes.
- 5 Stir fusilli, cauliflower, and cream sauce together in sauté pan over medium heat; cook until hot, about 2 minutes. If needed, add a bit of the pasta cooking water to loosen the sauce and help coat the noodles.
- 6 Divide fusilli mixture onto individual serving plates; top with herbed white beans and then garnish everything with sarvecchio and pine nuts. Enjoy!

**RP's Fusilli:** Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt **Cream Sauce:** Cream, black king oyster mushroom, oyster mushroom, capers, garlic, sherry vinegar, butter, ap flour, red chile flake, salt, pepper, lemon **Herbed White Beans:** White beans, parsley, rosemary, thyme, garlic, salt, pepper, olive oil, lemon, red pepper flakes **Sarvecchio & Pine Nuts, Cauliflower**

*Contains: Mushroom, wheat, milk, egg*

② READY-TO-EAT

**three bean chili** with La Cosecha tortilla chips and cilantro lime crema

Heat chili in a saucepan over medium heat until hot, about 8 min. Stir occasionally and, if needed, add a splash of water to thin out.

Top piping hot chili with tortilla chips and cream. Dig in!

**Chili:** Sweet potato, tomato, pinto bean, black bean, cranberry bean, vegetable stock, onion, red bell pepper, green bell pepper, poblano pepper, sherry vinegar, garlic, guajillo chile, ancho chile, pasilla chile, coffee, dark chocolate, scallion, cumin, coriander, paprika, chili powder, aji amarillo, salt, pepper **La Cosecha Tortilla Chips:** Corn, water, lime, canola oil, salt **Cilantro Lime Crema:** Sour cream, heavy cream, lime, cilantro, salt, pepper

*Contains: Chocolate, milk*

③ FARM-TO-FREEZER

**Milpa's roasted adobo squash** with black beans and 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