

PASTURE AND PLENTY

APRIL 24, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're excited for this week's flavor packed menu! Look for: shakshuka, eggs baked in a tomato-red pepper stew spiced with cumin and paprika, with some MSCo miche to sop up that delicious sauce; buffalo cauliflower & chickpea lettuce wraps with house-made ranch and a carrot-celery-apple chopped salad; and our go-to South African-inspired sweet potato peanut curry over brown rice. Add-in some tasty scones that can be baked up in a flash? Yep, can't wait.



shakshuka with roasted potatoes, egg and MSCo miche



buffalo cauliflower and chickpea lettuce wraps with carrot-apple salad and house-made ranch dressing



South African sweet potato and peanut curry with brown rice



PRODUCER SPOTLIGHT

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

Tina's Flock
Madison Sourdough Co.
Montchevre
Superior Fresh
Driftless Organics
Saffi Saana
Winterfell Acres

EXTRA GOODNESS

spiced honey and currant scone dough

Instructions: Keep scones frozen until ready to bake. Place on a parchment paper-lined baking sheet. Bake at 350°F for about 12-15 minutes, or until lightly browned.

Ingredients: ap flour, cream, eggs, butter, honey, dried currants, baking powder, salt, vanilla extract, cinnamon, nutmeg, cloves

Contains: Milk, egg, wheat, cinnamon/nutmeg

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

shakshuka

with roasted potatoes, egg and MSCo miche

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Shakshuka

MSCo Miche

Feta

Potatoes

Eggs

PAIR WITH

the lush and juicy Ver Sacrum "Gloria" Garnacha or the hoppy Fantasy Factory IPA from Karben4 Brewing

- 1 Preheat oven to 425°F. Cut the potatoes (you can peel them first, if desired) into 1/2" to 3/4" rough cubes. In a bowl, toss the potatoes with olive oil, salt and pepper. Spread out on a sheet pan.
- 2 Roast potatoes in the preheated oven for about 30 minutes, stirring halfway through. When done, potatoes should be tender on the inside, but crispy and brown on the edges. If not tender, roast longer, checking for tenderness in 5 minute increments.
- 3 Meanwhile, place shakshuka in an oven-safe pan and reheat over medium heat until hot, about 5 minutes. Make wells in the hot shakshuka, pour your eggs right into them, top with the feta cheese, and pop pan in the oven for an additional 5 to 8 minutes until the whites are set, yolks are at your desired state of runniness and the cheese has melted.
- 4 Heat miche in the oven for a few minutes until warm and slightly toasted.
- 5 Divide potatoes onto plates, spoons shakshuka and eggs over the top of potatoes. Scoop up with miche and enjoy!

Shakshuka: Tomato, red bell pepper, yellow bell pepper, goat cheese (goat milk, cheese culture, rennet, salt), onion, garlic, cumin, turmeric, paprika, cayenne, dill, thyme, parsley, chive, olive oil, salt, pepper **Feta:** Pastuerized milk, salt, cheese culture, enzymes **Potatoes, Eggs**

Contains: Milk, wheat, egg

② READY-TO-EAT

buffalo cauliflower and chickpea lettuce wraps

with carrot-apple salad and house-made ranch dressing

Preheat oven to 400°F. Bake buffalo cauliflower and chickpeas in preheated oven until hot and crispy, about 10 to 20 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave cauliflower on medium high until hot, about 3 to 5 minutes.

Meanwhile, separate leaf lettuce, wash under cold water, and then dry. Give carrot-apple salad a toss to evenly coat with dressing.

Divide cauliflower and chickpeas onto lettuce wraps. Top with carrot-apple salad and ranch dressing, or serve salad on the side. Dig in!

Buffalo Cauliflower & Chickpea: Cauliflower, garbanzo bean, celery, spices, butter, cayenne, distilled vinegar, water, garlic powder, salt **Ranch Dressing:** Buttermilk, sour cream, soybean oil, egg, distilled vinegar, mustard, onion powder, garlic powder, herbs, lemon, salt, sugar, pepper **Salad:** Carrot, celery, apple, parsley, lemon, olive oil, salt, pepper **Lettuce**

Contains: Milk, egg

③ FARM-TO-FREEZER

South African sweet potato and peanut curry with 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
608.665.3770 • pastureandplenty.com

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