

PASTURE AND PLENTY

MAY 30, 2023 | VEGETARIAN

HOORAY, IT'S TUESDAY!

Hope y'all had a marvelous Memorial Day weekend! We're back at it with a flavor-packed menu for this short week. Look for: grilled sweet potato with Caribbean black beans, red cabbage slaw and mango chutney; a Spring panzanella salad with Madison Sourdough bread and alllll of the vegetables, topped with a whipped ricotta; and tamale pies chock-full of corn, bell peppers and braised beef or green lentils and mushrooms. Oh happy day!



jerk sweet potato
with Caribbean black beans, purple
cabbage slaw and mango chutney



Spring panzanella salad
with artichokes, chickpeas, asparagus
and lemon dill vinaigrette and whipped
ricotta



**spiced lentil and mushroom
tamale pie**



PRODUCER SPOTLIGHT

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

Driftless Organics

Elderberry Hill Farm

Madison Sourdough, Co.

Winterfell Acres

Marshview Farm

Arndt Farm

Vitruvian Farms

La Cosecha

EXTRA GOODNESS

almond poppy seed muffins

Instructions: Store at room temperature for up to 4 days. Reheat briefly before enjoying.

Ingredients: AP flour, sugar, milk, sunflower oil, eggs, poppy seeds, vanilla extract, almond extract, baking powder, salt

Contains: *Wheat, egg, milk, tree nut*

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

jerk sweet potato with Caribbean black beans, purple cabbage slaw and mango chutney

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Sweet Potato

Caribbean Black Beans

Purple Cabbage Slaw

Mango Chutney

Jerk Marinade

PAIR WITH the fresh and fruity Hunky Dory Sauvignon Blanc or with the light and crisp To Those Who Wait Czech-Style Pilsner from Working Draft

GRILLING INSTRUCTIONS

- 1 Scrub sweet potatoes and slice, lengthwise, into 1/4" thick slices. Put sweet potato slices in a baking dish, add jerk marinade and coat well. Cover and marinate, refrigerated, for at least 6 hours, but preferably overnight. To moderate the spice levels, either use less of the marinade and/or marinate for less time.
- 2 Set up your grill for dual-zone cooking. On a gas grill: turn half your burners (or elements on an electric grill) on high — direct heat — and half on low — indirect heat. On a charcoal grill: get your coals good and white and, instead of spreading them evenly over the lower grate, bank all the coals to one side of the grill to create your high direct heat zone (and the the side with no coals is your indirect low heat zone).
- 3 Remove sweet potatoes from marinade and place on the cooler side of the grill and cover grill. Cook, checking and turning occasionally, until the flesh is very tender all the way through, 20 to 25 minutes. Move the sweet potato slices to the hotter part of the grill and cook, turning once or twice, until golden brown on both sides, 3 to 5 minutes.
- 4 While the sweet potatoes are grilling, reheat the beans in a saucepan over medium-low heat, adding a little water and stirring occasionally, until hot, about 8 minutes. Also give the slaw a quick toss to redistribute the dressing.
- 5 Plate the sweet potato with the black beans and slaw, serving the mango chutney alongside. Dig in!

OVEN INSTRUCTIONS

Follow instructions above, but instead of using a grill, arrange the sweet potatoes on a sheet pan and place on the middle rack of the oven, then heat the oven to 425°F. Roast, flipping halfway through, until the cut sides are sticky, caramelized and a knife inserted slides through easily, 25 to 30 minutes.

Beans: Black bean, water, orange, lime, allspice, garlic, nutmeg, salt, pepper **Slaw:** Purple cabbage, carrot, jalapeño, radish, lime, cilantro, salt, pepper **Mango Chutney:** Mango, onion, red bell pepper, cilantro, olive oil, brown sugar, water, garlic, coriander, salt, cardamom, clove, red pepper flake, champagne vinegar **Marinade:** Soy sauce, olive oil, ginger, garlic, habañero, brown sugar, scallion, nutmeg, lime, thyme, salt, pepper **Sweet Potato**

Contains: Cinnamon/nutmeg, soy

② READY-TO-EAT

Spring panzanella salad with whipped ricotta

Put the greens, vegetables and croutons in a large bowl. Toss gently, then pour in half of the vinaigrette and toss again until well combined. Taste and adjust the seasonings, adding more vinaigrette, salt and pepper as desired.

Plate the panzanella and top with a dollop of whipped ricotta. Enjoy!

MScO Croutons: Flour, water, olive oil, salt, pepper **Panzanella**

Vegetables: Chickpea, marinated artichoke (olive oil, white wine vinegar, salt, red pepper flake, rosemary, thyme, oregano, lemon, garlic), asparagus, radish, turnip

Vinaigrette: Canola oil, apple cider vinegar, white wine vinegar, olive oil, dijon mustard, lemon, water, sugar, garlic, dill, salt, pepper **Ricotta:** Ricotta, heavy cream, ramps, herbs, lemon, olive oil, salt, pepper **Mixed Greens**

Contains: Wheat, milk (optional)

③ FARM-TO-FREEZER

spiced lentil and mushroom tamale pie

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