

# PASTURE AND PLENTY

JUNE 5, 2023 | OMNIVORE

## HOORAY, IT'S MONDAY!

We can't wait to share our meals with you today! Those kofta-style burgers with the carrot salad are looking mighty good, the veg-filled soup with farro salad is a perfect soup meal for warmer weather and then there's our favorite mac and cheese?! Yep, can't get much better than that! Add in a new passion fruit and white chocolate chip cookie dough? The week is looking up, y'all!



**kofta-style burger**  
with muhammara, arugula and grilled  
carrot salad with yogurt-tahini dressing



**Milpa's sopa primavera**  
and farro salad with roasted vegetables  
and queso fresco



**mac & cheese**  
with chicken, spinach, ham and gruyere



### PRODUCER SPOTLIGHT

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

Happy Valley Farm  
Winterfell Acres  
Madison Sourdough Co.  
Milpa  
Meadowlark Organics  
Roth Cheese  
Vitruvian Farms

### EXTRA GOODNESS

## passion fruit white chocolate cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place dough on a parchment-lined or greased cookie sheet and flatten to about 1/2" thick rounds. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: ap flour, sugar, eggs, butter, white chocolate, passion fruit puree, baking powder, vanilla extract, salt, baking soda

*Contains: Wheat, egg, milk, 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

**kofta-style burger with muhammara, arugula and grilled carrot salad with yogurt-tahini dressing**

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

- Kofta-Style Burger Mix
- Muhammara
- Carrot Salad

- Ciabatta
- Arugula

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

GRILLING INSTRUCTIONS

- 1 Preheat a grill for medium high heat.
- 2 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. Season the burger patties with salt.
- 3 Grill burgers on the preheated grill, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160°F, about 8 to 12 minutes, or to desired doneness.\*
- 4 Slice ciabatta in half and grill or toast briefly. Give the carrot salad a quick stir to redistribute the dressing.
- 5 Place burger on toasted bottom half of ciabatta; top with muhammara and arugula and top half of ciabatta. Serve grilled carrot salad alongside the assembled burgers and dig in!

STOVETOP INSTRUCTIONS

Follow instructions above, but instead of using a grill, 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.\*

*\*Consuming raw or undercooked burgers may increase your risk of foodborne illness.*

**Kofta-style Burger Mix:** Beef, lamb, onion, garlic, cumin, coriander, paprika, guajillo chile, ancho chile, pasilla chile, cinnamon, ginger, sherry vinegar

**Muhammara:** Red bell pepper, walnut, canola oil, scallion, lemon, salt, balsamic vinegar, aleppo chile flake, paprika, pomegranate molasses

**Carrot Salad:** Carrot, greek yogurt, tahini (sesame seed), olive oil, honey, cumin, coriander, paprika, mint, lime, salt, pepper

**Ciabatta:** Flour, water, olive oil, salt, yeast

**Arugula**

*Contains: Lamb, beef, wheat, milk, cinnamon/nutmeg, tree nut (walnut), sesame*

② READY-TO-EAT

**Milpa's sopa primavera and farro salad**

Reheat soup in a saucepan over medium heat, stirring occasionally, until hot, about 6-8 minutes, adding a little water as necessary.

Meanwhile, give the carrot salad a quick stir to redistribute the dressing.

Ladle soup into bowls and serve farro salad on a plate alongside. Enjoy!

**Milpa's Sopa Primavera:** Water, tomato, potato, carrot, onion, poblano pepper, chiles, corn, peas, cilantro, tomatillo, garlic, pumpkin seeds, spices, lime juice, vinegar  
**Farro Salad:** Farro, kale, water, turnip, watermelon radish, radish, queso fresco (milk, water, salt, enzyme), lemon, olive oil, salt, pepper

*Contains: Wheat, milk*

③ FARM-TO-FREEZER

**mac & cheese with chicken, spinach, ham and gryere**

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](http://pastureandplenty.com)

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