

PASTURE AND PLENTY

JUNE 5, 2023 | VEGETARIAN

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 veggie 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 peas, spinach,
mushrooms 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 veggie burger with muhammara, arugula and grilled carrot salad with yogurt-tahini dressing

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Kofta-Style
Veggie 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

- 1 Divide veggie 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.
- 2 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 165°F and the edges of the burger are crispy and golden-brown.
- 3 Slice ciabatta in half and toast briefly. Give the carrot salad a quick stir to redistribute the dressing.
- 4 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!

Kofta-style Veggie Burger Mix: Barley, red quinoa, chickpea, rolled oats, panko, onion, carrot, cashew, oyster mushroom, garlic, soy sauce, sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite and xanthan gum), sherry vinegar, cumin, coriander, paprika, salt, pepper, cornstarch **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: Wheat, milk, cinnamon/nutmeg, tree nut (cashew and walnut), soy, sesame, mushroom

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 peas, spinach, mushrooms and gruyere

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