

PASTURE AND PLENTY

JUNE 26, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited to feast on a taco salad kit with zesty ranch and chopped black bean salsa, creamy pea-filled mattar paneer with brown rice, followed by loaded vegetable lo mein this week! And, as an extra special treat, double chocolate cupcakes for all. Yes, you heard us. CUPCAKES. We're celebrating our 6th Birthday and wanted to send a little birthday love to our favorite people. Thank you for helping us reach this milestone, friends!



grilled sweet potato taco salad kit with jalapeño cilantro ranch and chopped black bean salsa



mattar paneer with brown rice



loaded vegetable lo mein with roasted tofu and Vitruvian mushrooms



PRODUCER SPOTLIGHT

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

- La Cosecha
- Elderberry Hill Farm
- Alsum Sweet Corn
- Driftless Organics
- Vitruvian Farm
- Winterfell Acres
- Saffi Saana

EXTRA GOODNESS

double chocolate birthday cupcakes

Instructions: Keep cupcakes and buttercream refrigerated. To assemble: bring both to room temperature; then, use a butter knife or offset spatula to frost the cupcakes. Enjoy within 5 days!

Ingredients: Chocolate Cake (sugar, ap flour, buttermilk, coffee, cocoa powder, oil, eggs, baking soda, vanilla, baking powder, salt), chocolate buttercream (powdered sugar, cocoa powder, butter, milk, vanilla)

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

grilled sweet potato taco salad kit with jalapeño cilantro ranch and chopped black bean salsa

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

- Sweet Potato
- Taco Spice Rub
- Vegetable Bag
- Zesty Jalapeño Cilantro Ranch
- Shredded Cheese
- Chopped Black Bean Salsa
- Pickled Red Onions
- Tortilla Chips

GRILLING INSTRUCTIONS

- 1 Preheat grill for medium-high heat. While the grill is preheating, get your prep on! Crumble the tortilla chips up into bite-sized pieces. Cut the stem end off of your lettuce head(s) and roughly chop (or tear) lettuce, then wash and dry it. Scrub and wash your sweet potatoes (or peel) and cut lengthwise into 1/2-inch thick slices. Coat each slice with a thin layer of olive oil and rub all over with the spice mix (adding it to taste).
- 2 Carefully place your sweet potato slice on grill (making sure grill grates are well oiled). Grill sweet potato slices over direct heat, checking and flipping occasionally, until golden brown on both sides and the flesh is tender all the way through, about 20 minutes. Remove from grill and roughly chop the sweet potato slices.
- 3 While the sweet potato is grilling, build your taco salads. In individual large bowls (or plates), layer the salad as follows: lettuce, then drizzle about half of the zesty ranch over it, sprinkle on the shredded cheese, scatter the chopped bean salsa, and then remove the pickled red onions from their liquid and place on top.
- 4 Top the salads with the grilled sweet potato, drizzle with the remainder of the zesty ranch and sprinkle tortilla chips over everything. Enjoy!!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Place sweet potato slices onto a sheet pan and roast, checking and flipping occasionally, until golden brown on both sides and the flesh is tender all the way through, about 20 minutes.

Taco Spice Rub: Cumin, onion powder, garlic powder, oregano, paprika, turmeric, coriander, la mesa chile powder, cayenne, salt, pepper
Vegetable Bag: Head Lettuce
Zesty Jalapeño Cilantro Ranch: Buttermilk, sour cream, mayonnaise (canola oil, egg, dijon mustard, red wine vinegar, salt, pepper), jalapeño, cilantro, garlic powder, onion powder, cumin, paprika, cayenne, salt, pepper
Shredded Cheese: Cheddar (milk, culture, salt, enzyme, annatto), monterey jack (milk, culture, salt, enzyme), potato starch
Chopped Black Bean Salsa: Black bean, corn, red onion, avocado, red bell pepper, green bell pepper, jalapeño, cilantro, scallion, lime, salt, pepper
Pickled Red Onions: Red onion, white wine vinegar, champagne vinegar, water, sugar, salt, pink peppercorn, coriander, bay leaf, chile de arbol
Tortilla Chips: Non-gmo corn, non-gmo cold press canola oil, sea salt, trace of lime
Sweet Potato

Contains: Milk, egg, cinnamon/nutmeg

② READY-TO-EAT

mattar paneer with brown rice

Reheat mattar paneer in a saucepan over medium-low heat for 6 to 8 minutes, until steaming hot. If necessary, add a splash of water to loosen the curry.

In a separate sauce pan, reheat rice over medium-low heat for 4 to 6 minutes, until hot, adding a tablespoon or so of both oil and water to the pan.

Divide the rice and mattar paneer among plates. Dig in!

Mattar Paneer: Tomatoes, cashews, onion, peas, paneer (pasteurized milk, vinegar), heavy cream, garlic, ginger, garam masala (spices including cinnamon), turmeric, cumin, kashmiri chile powder, salt, pepper
Brown Rice: Brown rice, water, salt

Contains: Milk, tree nut (cashew), cinnamon/nutmeg

③ FARM-TO-FREEZER

loaded vegetable lo mein with roasted tofu and Vitruvian mushrooms

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

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