

PASTURE AND PLENTY

JULY 3, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

Happy (almost) 4th of July! We have a great holiday week menu lined up: Enos Farm ramp & mozzarella brats with house-made beer mustard and warm German potato slaw; a veg-laden Mediterranean-inspired quinoa salad with crispy chickpeas, olive dressing, pita and hummus; stir-fried shrimp or tempeh with coconut, cashews, farm-fresh veg and rice; and strawberry-rhubarb chia pudding! Should be a delicious, summery week ahead... we hope you enjoy, friends!

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Enos Farm ramp & mozzarella brats with house-made beer mustard and warm German potato slaw

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Mediterranean quinoa salad with sun-dried tomato-olive vinaigrette, pita and hummus

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stir-fried shrimp with cashews & mixed vegetables in sweet tamarind sauce with rice



PRODUCER SPOTLIGHT

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

- Enos Farms
- Clasen's European Bakery
- Winterfell Acres
- Vitruvian Farms
- Elderberry Hill Farm
- Garden To Be
- Bandung

EXTRA GOODNESS

chia pudding with strawberry rhubarb compote

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Chia pudding (coconut milk, chia seeds, maple syrup, vanilla extract), compote (strawberry, rhubarb, sugar, lemon juice)

Contains: Coconut

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

Enos Farm ramp & mozzarella brats with beer mustard and warm German potato slaw

PREP & COOK TIME

30
MINUTES

IN YOUR BAG

Enos Farm Mozzarella & Ramp Brat

Clasen Roll

Beer Mustard

German Potato Slaw

PAIR WITH

the crisp and balanced Two Women Lager from New Glarus Brewing

1 Preheat grill for medium heat. Alternatively, heat oil in a heavy bottomed skillet over medium high heat until shimmering.

2 Grill brats or sear brats in pan until deeply colored on all sides, flipping as needed. Cook until the internal temperature of the brat, as measured with an instant-read thermometer, reads 160°F.

3 Meanwhile, slice and toast bun over grill or in the same pan.

4 Reheat German potato slaw with a splash of water in a saucepan over medium-low heat until hot, 6 to 8 minutes, stirring occasionally.

5 Assemble brats and buns, top with mustard. Serve warm German potato slaw alongside brats. Dig in!

Enos Farm Brats: Pork, pasteurized mozzarella cheese (organic milk, salt, [non-animal] rennet and cultures, purified cellulose), fully cooked ramps, apple juice (apple juice sorbate), water, salt, black pepper, mace **Clasen Roll:** Unbleached flour, filtered water, yeast, sea salt **Beer Mustard:** Yellow mustard seed, brown mustard seed, beer, honey, brown sugar, garlic powder, turmeric, allspice, salt, cayenne, pepper, thyme **German Potato Slaw:** Red cabbage, red potato, red bell pepper, bacon, red onion, olive oil, red wine vinegar, salt, pepper

Contains: Pork, wheat, milk, alcohol

② READY-TO-EAT

Mediterranean quinoa salad with sun-dried tomato-olive vinaigrette, pita and hummus

Cut the stem end off of your lettuce head(s) and roughly chop (or tear) lettuce, then wash and dry it. Place into a large bowl.

Place quinoa salad and olive vinaigrette into bowl with lettuce; toss well to combine all ingredients.

Warm pita in the toaster or toaster oven.

Portion hummus onto individual plates, then spread it across the plate in a thick schmear. Plate quinoa salad on top of hummus and serve with pita to scoop it up. Enjoy!!

Quinoa: Yellow quinoa, red quinoa, red bell pepper, yellow bell pepper, red onion, feta (milk, salt, cheese culture, enzymes, potato starch), cherry tomato, oyster mushroom, cucumber, garbanzo bean **Hummus:** Garbanzo bean, garlic, tahini (sesame), lemon, salt, baking soda, olive oil **Pita:** Enriched wheat flour, water, oil, yeast, salt, sugar, dough conditioner, baking powder, nonfat dry milk, calcium propionate, potassium sorbate, yeast nutrients, whole wheat flour **Vinaigrette:** Olive oil, red wine vinegar, kalamata olive, sun-dried tomato, lemon, basil, oregano, red pepper flake, salt, pepper **Lettuce**

Contains: Wheat, olives, sesame, milk, mushroom

③ FARM-TO-FREEZER

stir-fried shrimp with cashews & mixed vegetables in sweet tamarind sauce with 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

PASTURE AND PLENTY

JULY 3, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

Happy (almost) 4th of July! We have a great holiday week menu lined up: Impossible brats with house-made beer mustard and warm German potato slaw; a veg-laden Mediterranean-inspired quinoa salad with crispy chickpeas, olive dressing, pita and hummus; stir-fried tempeh with coconut, cashews, farm-fresh veg and rice; and strawberry-rhubarb chia pudding. Should be a delicious, summery week ahead... we hope you enjoy, friends!



Impossible brats
with house-made beer mustard and warm
German potato slaw



Mediterranean quinoa salad
with sun-dried tomato-olive vinaigrette,
pita and hummus



**stir-fried tempeh with cashews &
mixed vegetables in sweet tamarind sauce**
with rice



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IN YOUR BAG

Impossible Brat

Clasen Roll

Beer Mustard

German Potato Slaw

PAIR WITH
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- 4 Reheat German potato slaw with a splash of water in a saucepan over medium-low heat until hot, 6 to 8 minutes, stirring occasionally.
- 5 Assemble brats and buns, top with mustard. Serve warm German potato slaw alongside brats. Dig in!

Impossible Brats: Water, soy protein concentrate, sunflower oil, coconut oil, 2% or less of: methylcellulose, salt, yeast extract, vegetal casing (sodium alginate, konjac gum, guar gum), cultured dextrose, food starch modified, dextrose, natural flavors, citric acid, paprika, spices, marjoram, soy leghemoglobin, mixed tocopherols (antioxidant), l-tryptophan, soy protein isolate, vitamins & minerals: zinc gluconate, niacin (vitamin B3), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), vitamin B12 **Clasen Roll:** Unbleached flour, filtered water, yeast, sea salt **Beer Mustard:** Yellow mustard seed, brown mustard seed, beer, honey, brown sugar, garlic powder, turmeric, allspice, salt, cayenne, pepper, thyme **German Potato Slaw:** Red cabbage, red potato, red bell pepper, red onion, olive oil, red wine vinegar, salt, pepper

Contains: Soy, coconut, wheat, alcohol

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