

# PASTURE AND PLENTY

JULY 17, 2023 | OMNIVORE

## HOORAY, IT'S MONDAY!

We've got a meal kit full of locally grown goodness for you! Look for: our annual fan-fave zucchini pie with a lemony kale salad; Sichuan-style bang bang chicken lettuce wraps with roasted peanuts, double sesame sauce and crunchy, fresh slaw; and a BLT-inspired risotto chock-full of bacon, kale, sweet corn and cherry tomatoes. So little time and so many summer vegetables, we're trying to pack them in as much as we can!



**zucchini pie** with lacinato kale and lemon vinaigrette



**bang bang chicken lettuce wraps** with roasted peanuts, sesame sauce and slaw



**white bean, kale, sweet corn and cherry tomato risotto**



### PRODUCER SPOTLIGHT

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

Winterfell Acres  
Vitruvian Farms  
Elderberry Hill Farm  
Sartori Cheese  
Alsum Sweet Corn  
Nueske's  
Saffi Saana

### EXTRA GOODNESS

#### blueberry crisp

Instructions: Take crisp out of refrigerator to come to room temperature and preheat oven to 375°F. Place pyrex on baking sheet and bake until top is golden brown and the filling is bubbling throughout, about 25-45 minutes depending on serving size.

Ingredients: Filling (blueberries, lemon juice, cornstarch, salt), topping (brown sugar, sugar, oats, butter, ap flour, cinnamon).

Contains: Milk, wheat, cinnamon

### 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

**zucchini pie with lacinato kale and lemon vinaigrette**

PREP &  
COOK TIME

45  
MINUTES

IN YOUR BAG

Lemon  
Vinaigrette

Sarvecchio &  
Herbs

Dry Mix

Wet Mix

Vegetable Bag

—  
  
PAIR WITH  
the medium  
bodied and  
mineral  
La Patience  
Vin Blanc  
or  
the balanced  
and crisp New  
Glarus Moon  
Man No Coast  
Pale Ale

- 1 Preheat oven to 350°F.
- 2 Wash, dry and finely chop parsley. Set aside in a large bowl. Add wet mix, sarvecchio, and salt and pepper to the bowl with parsley. Stir until well combined.
- 3 Wash and dry zucchini and scallions, then thinly slice. Add to bowl with dry mix. Stir until all ingredients are combined, but the mixture is not overmixed.
- 4 Pour into a greased 9-inch pie pan (or 9x9 baking dish for meal kits for 1 or 2) or a 9x13-in baking dish (for meal kits for 4). Bake for 25 to 35 minutes until golden brown on top. Wait for the pie to take on a golden hue before removing it to the oven. If it's not golden brown on top, the middle will likely not be cooked through.
- 5 While pie is baking, wash and dry kale. Strip kale leaves from stems, slice and massage with vinaigrette and salt and pepper (to taste) in a bowl. Massaging the greens and dressing them in advance takes the edge off, and makes them tender enough to eat without cooking.
- 6 Serve warm zucchini pie alongside kale salad. Enjoy!

**Lemon Vinaigrette:** Sunflower oil, canola oil, lemon, sugar, salt, xanthum gum **Sarvecchio & Herbs:** Sarvecchio (milk, salt, culture, enzymes), parsley, basil, thyme, rosemary **Dry Mix:** AP flour, butter, baking soda, salt **Wet Mix:** Egg, canola oil **Vegetables:** zucchini, parsley, scallion, lacinato kale

*Contains: Milk, wheat, egg*

② READY-TO-EAT

**bang bang chicken  
lettuce wraps with  
roasted peanuts, sesame  
sauce and slaw**

Separate leaf lettuce, wash under cold water, and then dry. Give slaw a toss to evenly coat with dressing.

Divide chicken onto lettuce wraps. Top with slaw and sesame sauce and dig in!

**Chicken:** Chicken, soy sauce, sesame, ginger, scallion, salt, pepper **Slaw with Peanuts:** Green cabbage, carrot, broccoli, red bell pepper, peanut, chile oil (canola oil, guajillo chile, pasilla chile, ancho chile, garlic), salt, pepper, apple cider vinegar, sesame seed **Sesame Sauce:** Tahini, chile oil (canola oil, guajillo chile, pasilla chile, ancho chile, garlic), water, balsamic vinegar, white sugar, salt **Lettuce**

*Contains: Soy, sesame, peanut, poultry, wheat*

③ FARM-TO-FREEZER

**white bean, kale,  
sweet corn and  
cherry tomato  
risotto**

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