

PASTURE AND PLENTY

JULY 17, 2023 | VEGETARIAN

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 tofu lettuce wraps with roasted peanuts, double sesame sauce and crunchy, fresh slaw; and a risotto chock-full of white beans, 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 roasted tofu 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 minerally 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 9×9 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 roasted tofu lettuce wraps with roasted peanuts, sesame sauce and slaw

Preheat a wok or frying pan (large enough to fit all of your tofu) over medium heat; once the pan is hot, add a layer of olive oil. Once the oil is shimmering, cook roasted tofu cubes until warmed through and crisped on the edges, turning from side to side, about 2 minutes per side. Set tofu aside. Wipe pan clean.

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

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

Tofu: Tofu, soy sauce, sesame, ginger, onion powder, 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, 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
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M 3:30pm-7:30pm **T-F** 11am-7pm
SAT 9am-1pm