

# PASTURE AND PLENTY

AUGUST 7, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We're traveling the world with our flavors this week, y'all, and we hope you like it! Get excited for: squash, pepita and kale taco kits with roasted tomato-chile sauce, slaw and smoky pinto beans; caramelized cauliflower steaks with summer vegetable saffron risotto and mushroom compound butter; and mixed vegetable and paneer korma (a rich, creamy golden Indian sauce thickened with cashews) with herbed rice pilaf. Enjoy!



**squash, pepita and kale taco kit** with roasted tomato-chile sauce, slaw and smoky pinto beans



**caramelized cauliflower steak** with summer vegetable saffron risotto and mushroom compound butter



**mixed vegetable and paneer korma** with herbed rice pilaf



### PRODUCER SPOTLIGHT

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

Elderberry Hill Farm  
Winterfell Acres  
Driftless Organics  
Crossroads Community Farm  
La Cosecha  
Vitruvian Farms  
Happy Valley Farm  
Saffi Saana  
Sassy Cow Creamery

### EXTRA GOODNESS

## peanut butter blossom cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 325°F. Place cookies on parchment-lined or greased cookie sheet and flatten to ~ 1/2" thick rounds. Bake in preheated oven for ~10-12 minutes until golden, rotating halfway through for an even bake.

Ingredients: Peanut butter, oat flour, brown sugar, baking powder, vanilla, salt

**Contains: Peanut**

### 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

**squash, pepita and kale taco kit with roasted tomato-chile sauce, slaw and pinto beans**

PREP & COOK TIME

**45**  
MINUTES

IN YOUR BAG

Squash, Pepita and Kale Filling

La Cosecha Tortillas

Queso Fresco

Roasted Tomato-Chile Sauce

Slaw

Smoky Pinto Beans

PAIR WITH the crisp and the fresh and fruity El Jefe Tempranillo or the crisp and balanced Two Women Lager from New Glarus Brewing

- 1 Preheat oven to 400°F. Spread squash, pepita and kale taco filling in a single layer on a sheet tray; roast in oven until hot and starting to crisp, about 8 to 10 minutes. Alternatively, reheat squash filling in a skillet over medium-high heat for about 3 to 5 minutes, until hot and starting to get a little crispy on the edges.
- 2 Reheat your pinto beans in a small saucepan over low heat until heated through, about 5 minutes. Stir occasionally and add a splash of water or oil as needed to prevent sticking.
- 3 While those are reheating, warm your tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.
- 4 Give the slaw a stir to redistribute the vinaigrette.
- 5 Build tacos using vegetable filling, queso fresco, and the roasted tomato-chile salsa. Serve the pinto beans and slaw alongside your tacos. Dig in!

**Squash, Pepita and Kale Filling:** Zucchini, yellow squash, red onion, green kale, pepita, cumin, coriander, paprika, apple cider vinegar, salt, pepper, cayenne **La Cosecha Tortillas:** Corn, salt, water, lime **Queso Fresco:** Pasteurized whole milk, salt, enzymes, culture **Roasted Tomato-Chile Sauce:** Canola oil, tomato, apple cider vinegar, guajillo chile, garlic, chile de arbol, salt, pepper **Slaw:** Green cabbage, green bell pepper, corn, mayo (sunflower oil, red wine vinegar, dijon mustard, salt, pepper, lemon), cilantro, lime, lemon, paprika, oregano, cumin, coriander, salt **Smoky Pinto Beans:** Pinto bean, onion, guajillo chile, garlic, tomato paste, brown sugar, salt, cumin, oregano, paprika, pepper

Contains: Milk

② READY-TO-EAT

**caramelized cauliflower steak with saffron risotto and mushroom compound butter**

Preheat oven to 425°F. Slice the cauliflower heads lengthwise through the core to keep the florets together, creating thick 1/2" slabs (save those crumbles to roast for extra-crunchy bits). Spread out on a sheet pan, carefully coat cauliflower with olive oil and season with salt and pepper.

Roast in preheated oven for about 20 minutes — flipping halfway through — and check for doneness. Cauliflower should be tender, well-browned and caramelized. Stick with it, continuing to roast until the color goes from creamy white to deeply, impossibly golden brown. If not done, roast longer, checking for doneness in 5 minute increments (and flipping each time).

Meanwhile, gently reheat risotto with up to 1/2 cup of water, stirring often until warm, bubbly and starting to get sticky, about 6 to 8 minutes.

Divide risotto onto plates, nestle cauliflower on top and dollop on the mushroom butter, so it will melt over it all. Enjoy!!

**Risotto:** Arborio rice, vegetable stock, zucchini, yellow squash, onion, kale, oyster mushroom, red wine vinegar, white wine, scallion, salt, garlic, saffron, red chile flake

**Mushroom Compound Butter:** Butter, red onion, cremini mushroom, red wine, garlic, thyme, salt, lemon, pepper **Cauliflower**

Contains: Milk, mushroom, alcohol

③ FARM-TO-FREEZER

**mixed vegetable and paneer korma with herbed rice pilaf**

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