

PASTURE AND PLENTY

AUGUST 14, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

Your meal kit is filled with locally grown goodness today! Look for: a smoky eggplant and feta galette kit with a flavor-packed red pepper and white bean salad to go alongside; a loaded cobb salad with a house-made green goddess dressing and crispy, roasted local mushrooms; and a comfort food fave, buffalo mac and cheese, but loaded with vegetables for a classic P&P twist. Then, for a fun surprise, melons from Christensen Farm for your extra goodness!



smoky eggplant and feta galette kit with garlicky roasted red pepper white bean salad



loaded cobb salad with green goddess dressing with crispy mushrooms



buffalo cauliflower mac and cheese with celery, carrots and spinach



PRODUCER SPOTLIGHT

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

Vitruvian Farms
Tina's Flock
Winterfell Acres
Alsum Sweet Corn
Christensen Farm
Elderberry Hill Farm
Saffi Saana
Hook's Cheddar

EXTRA GOODNESS

melon from Christensen Farm

Instructions: Store whole ripe melons in the refrigerator for up to a week. Once cut, melons will keep for up to three days. Enjoy!

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

smoky eggplant and feta galette kit with garlicky roasted red pepper white bean salad

PREP & COOK TIME

45
MINUTES

IN YOUR BAG
Galette Dough

Eggplant Filling

Roasted Red Pepper White Bean Salad

PAIR WITH
the full-bodied and aromatic Pascal Biotteau Anjou Rouge 2020 or with the slightly malty and easy drinking Není Špatné Czech Lager from Working Draft Beer Company

- 1 Preheat the oven to 350°F. Pull out galette dough and let come to room temperature while oven is preheating.
- 2 Set a large piece of parchment paper — sized to fit into a sheet pan — on the counter. Using lightly floured hands, place the galette dough in the center of the parchment paper. For Meal Kits for 2, portion the dough into two even pieces; for Meal Kits for 4, portion it into four even pieces (you may need two sheets of parchment in this case). Gently roll each individual dough piece into a 8-inch round about 1/4 inch thick. It doesn't need to be circular, any oblong shape will do. Transfer the dough-topped parchment paper to your sheet pan.
- 3 Dollop the filling evenly into the center of each dough round and spread it out, leaving a 1-inch border around the edges. Fold the dough up and over the filling so that the dough forms a 1-inch frame around the filling. If desired, brush the edges of the dough with a beaten egg or some heavy cream. Bake until the dough is golden and flaky, 35 to 40 minutes.
- 4 While the galette is baking, give the roasted red pepper white bean salad a stir to redistribute the dressing.
- 5 To serve, plate each individual galette with the roasted red pepper white bean salad alongside. You can serve galettes warm or at room temperature. Enjoy!

Galette Dough: AP flour, butter, salt, water **Eggplant Filling:** Eggplant, tomato, feta, kalamata olive, sarvecchio, dill, parsley, chives, balsamic vinegar, olive oil, salt, red pepper flake, pepper **Roasted Red Pepper White Bean Salad:** White bean, cherry tomato, roasted red bell pepper, cucumber, red onion, dill, salt, apple cider vinegar, red pepper flake, lemon

Contains: Milk, wheat, olives

② READY-TO-EAT

loaded cobb salad with green goddess dressing with crispy mushrooms

Get your prep on! Cut the stem end off of your lettuce head(s) and roughly chop (or tear) lettuce, then wash and dry it. Peel your hard boiled egg (then rinse to make sure you get all the little pieces of shell off).

If desired, place a small frying pan over medium heat, add a splash of olive oil and the mushrooms; cook until hot and crispy again, about 4 to 6 minutes.

Build your Cobb salads. In individual large bowls (or plates), layer the salad as follows: first lay on the lettuce, then drizzle about half of the green goddess dressing over it, sprinkle on the chopped toppings, then place the hard boiled on the center of the plate. Scatter the scatter the crispy mushrooms over the top and drizzle with the remainder of the green goddess dressing. Dig in!

Chopped Toppings: Cherry tomato, cucumber, corn, shredded cheddar, shishito pepper, red onion **Green Goddess Dressing:** Sour cream, buttermilk, mayonnaise, lemon, garlic, basil, tarragon, chives, red chile pepper, apple cider vinegar, salt **Crispy Mushrooms:** Oyster mushroom, olive oil, salt pepper **Hard Boiled Egg, Lettuce**

Contains: Egg, mushroom, milk

③ FARM-TO-FREEZER

buffalo cauliflower mac and cheese with celery, carrots and spinach

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