

# PASTURE AND PLENTY

OCTOBER 16, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We have a TASTY week ahead! Get pumped for: an easy sheet pan supper of red chilaquiles topped with queso fresco, a chopped radish, corn and tomato salsa and black beans; a fun eat-with-your-hands dinner of lettuce wraps stuffed with cauliflower balls and an herby rice noodle salad with pickled carrots; and a cheesy baked pasta in a pumpkin cream sauce with kale and shredded brussels sprouts! It's hard to choose which meal we're most excited about!



### sheet pan chilaquiles with black beans and roasted sweet potatoes



### Vietnamese cauliflower ball lettuce wraps with pickled carrot and herb rice noodle salad



### cheesy baked pumpkin pasta with kale and shredded brussels sprouts



## PRODUCER SPOTLIGHT

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

La Cosecha  
Happy Valley Farm  
Alsum's Sweet Corn  
Winterfell Acres  
Elderberry Hill Farm  
Enos Farm  
Sartori Cheese  
Emmi Roth Creamery  
Saffi Saana

## EXTRA GOODNESS

### cranberry crumble bar

Instructions: Keep refrigerated and enjoy within 5 to 7 days!

Ingredients: Cranberries, ap flour, butter, granulated sugar, powdered sugar, oranges, oats, brown sugar, salt, baking soda

Contains: Milk, wheat

## 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

sheet pan chilaquiles with black beans and roasted sweet potatoes

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

Black Beans & Roasted Sweet Potato

La Cosecha Tortilla Chips

Salsa Roja

Chopped Topping

Queso Fresco

PAIR WITH

the fruity and spicy Zillamina Organic Spanish Red Wine

or the refreshing and crisp New Glarus Moon Man No Coast Pale Ale

- 1 Preheat oven to 425°F.
- 2 Find a sheet pan large enough to fit all of your tortilla chips in a single layer. Toss chips with the salsa roja on the sheet pan and spread out evenly. The perfect texture here is softened but not soggy; you want to make sure the chips are tossed evenly with the sauce, but not so much that they get lost in it. Feel free to reserve a little salsa if in doubt or if you want to drizzle over the top at the end.
- 3 Arrange the black beans and roasted sweet potatoes on top of the chips. Place sheet pan in the preheated oven and roast until warmed through, about 5 to 8 minutes.
- 4 Garnish the sheet pan with the chopped topping and then sprinkle the queso fresco over it all. Split between plates and serve immediately. Buen provecho!

**Black Beans & Roasted Sweet Potatoes:** Black bean, sweet potato, salt, cumin, coriander, guajillo chile, ancho chile, pasilla chile **La Cosecha Tortilla Chips:** Non-GMO corn, non-GMO cold press canola oil, sea salt, trace of lime **Salsa Roja:** Tomato, onion, guajillo chile, jalapeño pepper, garlic, lime, salt **Chopped Topping:** Cherry tomato, corn, radish, red onion, cilantro, lime, salt **Queso Fresco:** Milk, salt, culture, enzyme

Contains: Milk

② READY-TO-EAT

Vietnamese cauliflower ball lettuce wraps with pickled carrot and herb rice noodle salad

Preheat oven to 375°F. Place the cauliflower balls (they are pre-cooked) in a shallow baking dish; cover with foil. Reheat in the preheated oven until heated through, about 15 minutes.

Meanwhile, toss the noodle salad with some of the nuoc cham. The nuoc cham has a little bit of heat, so add and taste as you go to make sure it's how you like it!

Serve the cauliflower balls and noodle salad with the lettuce leaves for wrapping. The remaining nuoc cham can be spooned onto the wraps, if desired. Dig in!

**Cauliflower Balls:** Brown rice, cauliflower, white quinoa, red quinoa, onion, garlic, cilantro, thai chile, lime, salt, pepper **Noodle Salad:** Rice noodles (rice flour, water), pickled carrot (carrot, rice wine vinegar, white vinegar, salt, sugar), celery, red bell pepper, sesame oil, lime, cilantro, mint, scallion, salt **Vegetarian Nuoc Cham:** Water, lime, lemon, soy sauce, garlic, sugar, thai chile **Lettuce**

Contains: Soy, wheat, sesame

③ FARM-TO-FREEZER

cheesy baked pumpkin pasta with kale and shredded brussels sprouts

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, 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-2pm