

PASTURE AND PLENTY

OCTOBER 30, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

And we've got meals perfect for a busy and cool week ahead! Not ready for these suddenly frigid temps? Then turn on your oven for a quick and easy, sheet pan dinner of roasted veggies and chickpea loaf with a tomato glaze. Busy handing out candy on Halloween and no time to cook? Just pop everyone's favorite lemony red lentil soup in a saucepan on the stove! Or, imagine being in a different climate entirely with our Nigerian-inspired fried rice!



sheet pan chickpea loaf with roasted vegetables and tomato glaze



lemony lentil soup with grilled scallion yogurt and naan



curried tofu and vegetable fried rice



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

Driftless Organics

Saffi Saana

Sassy Cow Creamery

EXTRA GOODNESS

chocolate dirt cups

Instructions: Keep refrigerated and enjoy within 5 days!

Ingredients: Pot de creme (semi sweet chocolate, heavy cream, egg yolks, sugar, salt), chocolate crumbs (butter, ap flour, sugar, light brown sugar, cocoa powder, eggs, baking soda, vanilla, salt).

Contains: Milk, wheat, egg, chocolate

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 chickpea loaf

with roasted vegetables and tomato glaze

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Chickpea Loaf
Mix

Tomato Glaze

Vegetable Bag

PAIR WITH

the darkly fruity
A La Carte
Cabernet
Sauvignon 2018
or
with the rich
and complex
Grand Porter
from Giant
Jones Brewing

- 1 Preheat oven to 350°F. Trim and peel carrots, and turnips; trim radishes. Cut carrots, radishes, turnips and potatoes into similar sized pieces. Aim for around 1-inch to 1.5-inch chunks. Place the cabbage wedges and chopped root vegetables on a sheet pan, drizzle with olive oil and season with salt and pepper. Toss to coat evenly and spread it around evenly on the sheet pan.
- 2 Divide the chickpea loaf mixture into even oval pieces, about 4-inches by 3-inches. Nestle them between the root veg and cabbage on the sheet pan.
- 3 Brush the tomato glaze generously over the tops of the chickpea loaves. And brush any extra over the tops of the vegetables!
- 4 Bake in the oven for about 30 minutes, stirring the potatoes and root veg occasionally. You're looking for the cabbage and root vegetables to be fork-tender, golden brown and caramelized around the edges. The chickpea loaves should register 165°F with an instant read thermometer.
- 5 Plate the chickpea loaves and nestle all of the vegetables alongside. Enjoy!

Chickpea Loaf Mix: Chickpea, lentil, celery, carrot, onion, panko, garlic, ketchup, balsamic vinegar, onion powder, paprika, garlic powder, parsley, salt, pepper **Tomato Glaze:** Tomato, white wine vinegar, brown sugar, soy sauce, onion, carrot, celery, salt, pepper **Vegetable Bag:** Radish, turnip, rainbow carrot, cabbage, baby mulicolor potatoes

Contains: *Wheat, soy*

② READY-TO-EAT

lemony lentil soup with grilled scallion yogurt and naan

Reheat soup in a saucepan over medium heat until hot, adding up to 1/2 cup water as needed and stirring occasionally, for about 6 to 8 minutes.

Warm naan in the toaster or toaster oven for a few minutes until warmed, soft and pliable.

Portion soup into bowls, garnish with yogurt sauce and enjoy the naan alongside!

Lemony Lentil Soup: Red lentil, vegetable stock, onion, celery, carrot, kale, purple kale, turmeric, lemon, smoked paprika, salt, pepper, parsley, dill, red wine vinegar, cayenne **Naan:** Flour, water, canola oil, garlic, red chilli, cumin seed, coriander, salt, green chilli, baking soda **Grilled Scallion Yogurt:** Yogurt (milk, enzymes), cream, scallion, lemon, olive oil, salt, pepper

Contains: *Milk, wheat*

③ FARM-TO-FREEZER

curried tofu and vegetable fried rice

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