

# PASTURE AND PLENTY

DECEMBER 4, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We've got a great menu lined up for the first meal kit of December, folks! Look for: a luxurious, hearty and creamy chickpea pasta sauce tossed with fresh spinach and toothy gemelli from Sal's; a classic broccoli and cheddar soup with white beans and some crunchy Potter's oyster crackers (and moooooore grated cheddar) to top it; and then everyone's perennial fave, South African Peanut Curry! And, hot cocoa mix to top it off? The week's looking up!



**Sal's gemelli** with creamy chickpeas, greens and rosemary



**broccoli, white bean and cheddar soup** with Potter's oyster crackers



**South African sweet potato and peanut curry** over brown rice



### PRODUCER SPOTLIGHT

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

Sal's Tomato Pies

Sassy Cow Creamery

Sartori Cheese

Nueske's Bacon

Hook's Cheese

Potters Crackers

Saffi Saana

### EXTRA GOODNESS

**hot cocoa mix with peppermint mini marshmallows**

Instructions: We recommend keeping the powder with the marshmallows in the FREEZER. Mix 3 to 4 tablespoons of the mix with 6 ounces of hot milk or water. And enjoy!

Ingredients: Cocoa mix (milk powder, powdered sugar, cocoa powder, granulated sugar, salt), vegetarian marshmallow (granulated sugar, water, egg white, corn syrup, agar powder, vanilla extract, peppermint extract, xanthan gum, cream of tartar, salt), extract, salt).

*Contains: Milk, chocolate, egg*

### 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

**Sal's gemelli** with creamy chickpeas, greens and rosemary

PREP & COOK TIME

25  
MINUTES

IN YOUR BAG

Sal's Gemelli

Creamy Chickpea Sauce

Spinach

Crispy Chickpeas

Sarvecchio with Rosemary and Lemon

PAIR WITH

the complex and juicy American Wine Project "Social Creature" Sabrevois Rosé or with the light and crisp To Those Who Wait Czech-Style Pilsner

- 1 Bring a large pot of salted water — salty like the sea — to a boil over high heat; drop in pasta and cook until tender with a bite, about 3 minutes. You want them slightly under al dente. Drain pasta, reserving 2 cups or so of pasta cooking water; set aside.
- 2 Heat the creamy chickpea sauce in a large sauté pan over medium heat until just beginning to steam in the pan. Add the spinach and stir; cook for a minute or two to wilt. Add cooked pasta to the sauté pan with the creamy sauce and spinach. Add some of the cooking water (1/4 to 1/2 cup per serving) to loosen the thick cream sauce. Stir to combine and cook until the sauce coats the noodles and the noodles are now clearly al dente, about 2 minutes. Check seasoning and adjust with more salt and pepper, as desired. Mixture should look creamy. If it's too thick, add a splash more pasta water to loosen sauce.
- 3 Transfer creamy chickpea pasta to bowls, and top with reserved chickpeas and sarvecchio cheese. Serve immediately, with a grind or two of black pepper or some lemon wedges for squeezing on top. Enjoy!

**Sal's Gemelli:** Semolina, water **Creamy Chickpea Sauce:**

Chickepea, heavy cream, onion, leek, red bell pepper, garlic, lemon, rosemary, aleppo pepper, salt, pepper **Sarvecchio:**

Sarvecchio (milk, culture, salt, enzyme), lemon, rosemary **Crispy**

**Chickpeas:** Chickpea, canola oil, aleppo pepper, rosemary, salt, pepper **Spinach**

*Contains: Wheat, milk*

② READY-TO-EAT

**broccoli, white bean and cheddar soup** with Potter's oyster crackers

Reheat soup with a splash of water or milk in a sauce pan over medium-low heat until hot, about 6 to 8 minutes.

Portion soup into bowls, top with oyster crackers and shredded cheese. Dig in!

**Broccoli, White Bean and Cheddar Soup:**

Broccoli, vegetable stock, russet potato, onion, carrot, celery, whole milk, cheddar, American cheese, mozzarella, provolone, garlic, red wine vinegar, sriracha, pepper **Oyster Crackers:**

Potter's white oyster crackers (wheat flour, water, butter [pasteurized sweet cream, salt], honey, salt, yeast [yeast, sorbitan monostearate, ascorbic acid], wheat bran), Potter's cheddar oyster crackers (wheat flour, water, butter [pasteurized sweet cream, salt], cheddar cheese [pasteurized milk, non yps salt, cheese culture, non-animal enzyme], honey, salt, yeast [yeast, sorbitan monostearate, ascorbic acid], wheat bran, cayenne) **Cheese:** Hook's 1 year cheddar (milk, salt, culture, enzyme, annatto)

*Contains: Wheat, milk*

③ FARM-TO-FREEZER

**South African sweet potato and peanut curry** over brown 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