

# PASTURE AND PLENTY

JANUARY 29, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for this week's delicious line-up of meals! Look for: oven-caramelized roasted sweet potatoes with a fragrant coating of toasted coconut, sesame seeds and sizzled aromatics with turmeric roasted paneer; a nutty farro and roasted root vegetable salad in a harissa vinaigrette and topped with roasted shallot-mustard white beans and creamy goat cheese; and then a classic, creamy tomato-based chowder chockfull of potatoes and fennel!



**sabzi sweet potatoes**  
with turmeric paneer, kale and mint  
lime yogurt



**farro and roasted root vegetable salad** with shallot-mustard white beans, goat cheese and harissa vinaigrette



**tomato chowder**



### 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

Mont Chevre

Saffi Saana

Sassy Cow Creamery

Century Sun Oil

### EXTRA GOODNESS

## candied cashew trail mix

Instructions: Store at room temperature and enjoy within 2 weeks.

Ingredients: Cashews (cashews, white sugar, brown sugar, egg white, cinnamon, salt), peanuts, golden raisin, dried cranberries, shredded coconut, cocoa nibs, pepitas

Contains: *Egg, tree nut, peanut, coconut*

### 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

## sabzi sweet potatoes with turmeric paneer, kale and mint lime yogurt

PREP &  
COOK TIME

45

MINUTES

IN YOUR BAG

Sweet Potato

Sabzi Mix

Kale

Paneer

Turmeric Spice  
Mix

Mint Lime  
Yogurt

PAIR WITH  
the fruity and  
fun Seehof  
Same Same But  
Different White  
or  
the refreshing  
and crisp New  
Glarus Moon  
Man No Coast  
Pale Ale

- 1 Preheat the oven to 475°F with a rack in the middle position. Line a rimmed baking sheet with kitchen parchment. Wash and dry the kale; strip the kale leaves from their stems and roughly chop (discarding the stems); set aside.
- 2 Wash and dry the sweet potatoes before cutting them into 1" chunks. Grab a large bowl. You'll be using this until the very end. In your bowl, combine the sweet potatoes, a splash of olive oil and salt (as desired). Toss to coat, then transfer to the prepared baking sheet, distributing in an even layer.
- 3 Cut your paneer into about 1" cubes and, in the same bowl, toss the paneer with the turmeric spice mix; set aside.
- 4 Place baking sheet with sweet potatoes in the preheated oven. Roast for about 15 minutes, then remove to stir and push to one side of the sheet pan. Add the spiced paneer on the other side of the pan. Roast until the paneer and sweet potatoes turn golden brown and a skewer inserted into the largest pieces of sweet potato meets no resistance, about 15 to 20 more minutes.
- 5 Meanwhile, add the kale leaves your bowl and toss with a splash of olive oil and a little pinch of salt. Mix kale into the sweet potatoes on the baking sheet for the last 3-5 minutes of roasting.
- 6 When the veg and paneer are done, remove from oven. In your bowl, toss the roasted sweet potatoes and kale to coat with the sabzi spice mixture.
- 7 Plate the sweet potatoes and kale, top with the turmeric roasted paneer. Drizzle with the yogurt sauce and enjoy!

**Sabzi Mix:** Coconut, sesame seed, mustard seed, jalapeño, garlic, cilantro, cumin, salt, pepper **Turmeric Spice Mix:** Turmeric, cumin, coriander, mustard powder, smoked paprika, fenugreek seed, salt, onion powder, garlic powder, cardamom, cinnamon, nutmeg, clove, white pepper, cayenne, pepper **Mint Lime Yogurt:** Greek yogurt, heavy cream, lime, mint, garlic, salt, pepper **Paneer:** Milk, citric acid **Sweet Potato, Kale**

Contains: Sesame, coconut, milk

② READY-TO-EAT

## farro and roasted root vegetable salad with white beans and goat cheese

Gently reheat the beans in a saucepan over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking.

While white beans are reheating, prepare the farro salad. Salad can be served hot or cold. If desired, reheat farro in a sauté pan with a splash of olive oil over medium-low heat for 6 to 8 minutes, stirring occasionally. Once hot (or if you're keeping it cold, skip the reheating step), toss farro salad with the harissa vinaigrette in a large bowl.

Divide salad evenly onto plates. Top with goat cheese and serve beans alongside or on top of salad. Enjoy!

**Farro Salad:** Farro, turnip, radish, carrot, kale, olive oil, salt, red wine vinegar, pepper **Harissa Vinaigrette:** Sunflower oil, red wine vinegar, dijon mustard, ancho chile, guajillo chile, chile de arbol, kashimiri chile, coriander, salt, pepper **White Beans:** White bean, water, shallot, garlic, red wine vinegar, whole grain mustard, mustard powder, cumin, salt, pepper **Goat Cheese:** Goat cheese, heavy cream, lemon, garlic, rosemary, parsley, thyme, red chile flake, salt, pepper

Contains: Wheat, milk (optional)

③ FARM-TO-FREEZER

## tomato chowder

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