

# PASTURE AND PLENTY

FEBRUARY 12, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

And we can't WAIT for you to enjoy your meals this week! Look for black bean walnut burgers on ciabatta rolls with animal sauce and crunchy, fresh pickles with a side salad and lemon dill vinaigrette; a Thai red coconut curry soup packed with vegetables, tofu and rice noodles; and, just in time for Mardi Gras, our classic gumbo with red beans, cauliflower and sweet corn. And, because Valentine's Day is almost here, we're sending heart cookies, too!



**black bean walnut burger**  
with pickles, animal sauce and a side salad



**Thai red coconut curry**  
**tofu and vegetable soup**  
with rice noodles



**red bean, cauliflower and**  
**sweet corn gumbo**  
with scallion rice



### PRODUCER SPOTLIGHT

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

**Madison Sourdough Co.**

**Niman Ranch**

**Virtuvian Farms**

**Alsum Sweet Corn**

**Saffi Saana**

### EXTRA GOODNESS

## heart sugar cookies

Instructions: Store at room temperature and enjoy within 5 days.

Ingredients: Cookie (ap flour, sugar, butter, egg, vanilla, baking powder, salt), egg wash (egg yolk, water, natural food coloring), granulated sugar

Contains: *Wheat, milk, 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

## black bean walnut burger with pickles, animal sauce and a side salad

PREP &  
COOK TIME

20  
MINUTES

IN YOUR BAG

Madison  
Sourdough  
Ciabatta

Black Bean  
Walnut Burger  
Mix

Greens

Animal Sauce

P&P Pickles

Lemon Dill  
Vinaigrette

PAIR WITH

the balanced  
and drinkable  
Waterslides IPA  
from 3 Sheeps  
Brewing  
(because  
nothing goes  
better with a  
classic burger)

- 1 Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly. Season patties generously with salt and pepper.
- 2 Heat a small amount of olive oil or butter in a skillet over medium high heat. Place burgers in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 165°F.\*
- 3 While the burgers are cooking, toss the greens with the lemon dill vinaigrette (tasting as you go; you may have extra vinaigrette). Also toast the ciabatta or warm it for a few seconds in the microwave.
- 4 To build your burgers, spread a little animal sauce on bottom bun, top with burger, more animal sauce, pickles and top bun. Serve salad alongside burger.

*\*The black bean burger mix is already cooked. You just need to reheat it to a safe temperature and get nice crispy edge on it.*

**MScO Ciabatta:** Flour, water, olive oil, salt, yeast **Black Bean Walnut Burger Mix:** Black bean, onion, poblano pepper, garlic, chipotle pepper, walnut, queso fresco (milk, salt, enzymes), mayonnaise (sunflower oil, egg, red wine vinegar, dijon, salt), egg, panko (wheat flour, cane sugar, yeast, salt) **Animal Sauce:** Mayonnaise (sunflower oil, egg, red wine vinegar, dijon, salt), ketchup (tomato, distilled vinegar, sugar, salt, onion powder, spice, natural flavoring), mustard, shallot, garlic, caper, spices **P&P Pickles:** Cucumber, white vinegar, apple cider vinegar, water, salt, sugar, garlic, black peppercorn, bay leaf **Lemon Dill Vinaigrette:** Canola oil, lemon juice, red wine vinegar, dill, salt. **Greens**

*Contains: Tree nut, milk, wheat, egg*

② READY-TO-EAT

## Thai red coconut curry tofu and vegetable soup with rice noodles

Heat soup in a saucepan, adding a 1/2 cup of water per serving to the soup while reheating.

Bring soup to a brief roiling boil before dropping rice noodles (broken into shorter pieces) into soup. Stir to break up bunched noodles, and lower heat to medium-low. Cook for about 4 to 5 minutes, until noodles are tender and al dente.

While heating the soup and noodles, remove cilantro and basil leaves from stems. Then thinly slice scallions, cilantro and basil leaves. Set aside.

Divide the soup and noodles among bowls, top with the sliced herbs and scallion. Dig in!

**Curry Soup:** Coconut milk, vegetable stock, onion, butternut squash, tofu, broccoli, oyster mushroom, leek, rainbow chard, red curry paste (garlic, red chili pepper, soybean oil, lemongrass, galangal root, salt, shallot, coriander root, kaffir lime peel, spices), garlic, ginger, lime, Thai basil, salt **Rice Noodles:** Rice flour, water **Herb Bag:** Scallion, cilantro, basil

*Contains: Soy, mushroom, coconut*

③ FARM-TO-FREEZER

## red bean, cauliflower and sweet corn gumbo with scallion 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  
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm  
SAT 9am-2pm