

# PASTURE AND PLENTY

FEBRUARY 19, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a tasty line up this week, y'all! We're serving up: "chix" shawarma with a crisp apple and cabbage slaw, roasted cauliflower and chickpeas, creamy toum and pita; a cozy cranberry bean and rice soup with a fresh kale salad; and everyone's fave, smothered burritos with roasted chile chipotle sauce and roasted sweet potatoes and black beans. Add in some overnight oats with an apple compote for a quick brekkie and the week is looking good!



**"chix" shawarma with apple cabbage slaw, roasted cauliflower and chickpeas, dill lemon toum and pita**



**cranberry bean, rice and dill soup with kale salad**



**smothered sweet potato black bean burritos with roasted chile chipotle sauce**



### PRODUCER SPOTLIGHT

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

Elderberry Hill Farm

Vitruvian Farms

Winterfell Acres

Sartori Cheese

Saffi Saana

JustVeggiez

Gentle Breeze Honey

### EXTRA GOODNESS

## apple cinnamon overnight oats

Instructions: Keep refrigerated and enjoy within three days.

Ingredients: Overnight oats (milk, oats, applesauce, chia seeds, maple syrup, salt, cinnamon), apple compote (apples, brown sugar, butter, cinnamon, salt)

Contains: Milk

### 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

"chix" shawarma with apple cabbage slaw, roasted cauliflower and chickpeas, dill lemon toum and pita

PREP & COOK TIME

25 MINUTES

IN YOUR BAG

"Chix"

Shawarma

Apple

Cabbage Slaw

Cauliflower and

Chickpeas

Toum

Pita

PAIR WITH

the acidic and food-friendly  
 Domaine Rimbert Vin Orange  
 or  
 the balanced and crisp Extra Blonde Ale from Giant Jones Brewing

- 1 Preheat oven to 400°F.
- 2 Spread out the "chix" on half of a sheet pan, and place the cauliflower and chickpeas on the other half. If it's too crowded, use two separate sheet pans. Place pans in preheated oven and cook until everything is browned, crisp on the edges and heated through (an instant read thermometer inserted in the food should read 165°F), stirring halfway through. It should take 10 to 15 minutes.
- 3 While the "chix" and veggies are cooking, give the cabbage and apple slaw a stir to redistribute the dressing evenly.
- 4 Warm pita for a few seconds in the microwave or a few minutes in the preheated oven.
- 5 Portion "chix" shawarma, the cauliflower-chickpeas and slaw onto plates, serve with toum and warmed pita on the side and then dig in!

**"Chix" Shawarma:** Chix (soybean protein, soybean oil, pepper, white pepper, Chinese five spice powder [cinnamon, star anise, fennel seeds, cloves]), olive oil, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, red chile flake **Apple Cabbage Slaw:** Red cabbage, carrot, apple, scallion, cilantro, olive oil, apple cider vinegar, dijon, honey, cumin, coriander, salt, pepper **Cauliflower & Chickpeas:** Cauliflower, garbanzo bean, olive oil, lemon juice, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, red chile flake **Toum:** Canola oil, garlic, lemon, dill, water, salt **Pita:** Whole wheat flour, unbleached unbromated enriched wheat flour, water, contains 2% or less of each of the following ingredients: calcium propionate, caramel color, dextrose, enzymes, fumaric acid, guar gum, lactic acid, natural flavors, salt, sesame flour, sodium bicarbonate, sorbic acid, soybean oil, soy flour, soy protein concentrate, sugar, sunflower oil, vegetable monoglycerides, wheat gluten, yeast

Contains: Milk, wheat, sesame, soy

② READY-TO-EAT

cranberry bean, rice and dill soup with kale salad

Warm soup over medium-low heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes. Alternately, heat in microwave on medium high, stirring every minute, for about 4 minutes.

While the soup is heating, toss the kale salad with half of the lemon oil dressing, making sure to massage the dressing into the kale leaves to soften them. You may have more dressing than you need, so taste as you go and only add the second half of the dressing, if needed. Salt and pepper to taste, as well.

Portion hot soup into bowls and serve kale salad on the side. Enjoy!

**Cranberry Bean Soup:** Water, cranberry bean, jasmine rice, carrot, celery, fennel, onion, garlic, lemon, olive oil, turmeric, dill, salt, red pepper flake **Kale Salad:** Kale, parmesan (milk, culture, salt, enzyme), pepita **Lemon Oil Dressing:** Olive oil, lemon juice

Contains: Milk (optional)

③ FARM-TO-FREEZER

smothered sweet potato black bean burritos with roasted chile chipotle sauce

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