

# PASTURE AND PLENTY

MARCH 11, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for some great meals this week! Think: a heart-warming dish of local Sal's canestri in a creamy sauce with garlic, capers and mushrooms, topped with roasted cauliflower and herbed white beans; and a cozy bowl of tomato and barley stew seasoned with sweet, bold paprika and herbaceous thyme with a side of toasted miche and white bean purée; and our signature tofu dan dan sauce served with long, slurpable egg noodles. Who's excited now???



**Sal's canestri** with caper-mushroom cream sauce, roasted cauliflower and herbed white beans



**North African tomato and barley stew** with miche and white bean purée



**tofu dan dan sauce** with pickled mustard greens and noodles



### 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  
Sartori Cheese  
Madison Sourdough Co.  
Winterfell Acres  
Vitruvian Farms  
Saffi Saana  
Sassy Cow Creamery

### EXTRA GOODNESS

## honey-vanilla yogurt parfait with berries

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Yogurt (Greek yogurt, honey, vanilla), strawberries, granola (oats, maple syrup, brown sugar, coconut oil, vanilla, salt)

Contains: Milk, 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

**Sal's canestri** with caper-mushroom cream sauce, roasted cauliflower and herbed white beans

PREP & COOK TIME

35 MINUTES

IN YOUR BAG

- Herbed White Beans
- Sal's Canestri
- Cauliflower
- Caper Mushroom Cream Sauce
- Sarvecchio and Pine Nuts

PAIR WITH

the fresh and chalky Jean Marc Barthez Bordeaux Blanc or the light and malty GLD.01 Golden Ale from Delta Beer Lab

- 1 Preheat oven to 425°F. Toss cauliflower with olive oil and salt and pepper; spread in a single layer onto a rimmed baking sheet.
- 2 Roast cauliflower in the preheated oven for about 15 minutes. Stir cauliflower and check for doneness. The cauliflower should be softer, well-browned and caramelized. A common pitfall when roasting cauliflower is stopping once it is tender: you have to stick with it, continuing to roast until the color goes from creamy white to deeply, impossibly golden brown. If not done, roast longer, checking for doneness in 5 minute increments (and gently stirring or flipping the veg each time).
- 3 Meanwhile, bring a large pot of salted water — salty like the sea — to a boil over high heat; drop in canestri and cook until tender with a bite, about 3 minutes. Drain canestri, reserving a cup or so of pasta cooking water; set aside.
- 4 Warm white beans in a small saucepan over low heat until heated through, about 5 minutes.
- 5 Stir canestri, cauliflower and cream sauce together in a sauté pan over medium heat; cook until hot, about 2 minutes. If needed, add a bit of the pasta cooking water to loosen the sauce and help coat the noodles.
- 6 Divide sauced pasta and cauliflower onto individual serving plates; top with herbed white beans and then garnish everything with sarvecchio and pine nuts. Enjoy!

**Cream Sauce:** Cream, button mushroom, capers, garlic, sherry vinegar, shallot, butter, ap flour, red chile flake, salt, pepper, lemon **Sal's Canestri:** Semolina flour, water **Sarvecchio & Pine Nuts:** Sarvecchio (milk, culture, salt, enzyme), pine nut **Herbed White Beans:** White beans, parsley, chive, garlic, salt, pepper, olive oil, lemon, red pepper flakes **Cauliflower**

*Contains: Mushroom, wheat, milk*

② READY-TO-EAT

**North African tomato and barley stew with miche and white bean purée**

Warm soup over medium-low heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes.

Pop miche into the microwave or toaster oven for just a few seconds to warm. Slather warm toasted miche with the herbed white bean purée.

Portion hot soup into bowls and serve miche with bean purée on the side. Enjoy!

**Tomato and Barley Stew:** Vegetable stock, tomato, barley, kale, onion, garlic, olive oil, red wine vinegar, sweet paprika, smoked paprika, thyme, salt, pepper **Miche:** Flour, water, salt **White Bean Purée:** White bean, garlic, shallot, red wine vinegar, sherry vinegar, salt, pepper, red chile flake

*Contains: Wheat*

③ FARM-TO-FREEZER

**tofu dan dan sauce with pickled mustard greens and noodles**

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