

PASTURE AND PLENTY

MARCH 18, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

And another great week is ahead. Look for: loaded twice-baked potatoes with BBQ beans, shredded cheese and creamy scallion sour cream with a side of sautéed kale and pickled red onions; roasted brussels sprout and fontina galettes from our Makeshop partner Tart with mixed greens and a maple mustard vinaigrette; and our old stand-by chickpea coconut cashew curry over brown rice! We really think you're going to love the meals this week, friends!



**loaded baked potato
with BBQ beans, sautéed kale and
pickled red onions**



**Tart's roasted brussels
sprout and fontina galette
with greens and maple mustard
vinaigrette**



**chickpea coconut cashew
curry with brown rice**



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

Tart

Saffi Saana

Sassy Cow Creamery

Elderberry Hill Farm

EXTRA GOODNESS

**brown butter
chocolate chip cookie
dough**

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.

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

loaded baked potato

with BBQ beans, sautéed kale and pickled red onions

PREP &
COOK TIME

75
MINUTES

IN YOUR BAG

- BBQ White Beans
- Grilled Scallion Sour Cream
- Cheese Blend
- Kale
- Potato
- Pickled Red Onions

PAIR WITH

the fruity and spicy Zillamina Organic Spanish Red Wine or the hoppy Chaos Pattern Hazy IPA from 3 Sheeps Brewing

- 1 Preheat oven to 450°F.
- 2 Scrub potatoes under running water; dry them, and rub the skin of each with the oil and a little salt. Pierce the skin of each in three or four places with the tines of a fork. Also, wash and strip kale leaves from the stems and roughly chop; set aside.
- 3 Place the potatoes on a baking sheet in the oven, and roast for 45 minutes to an hour, depending on the size of the potatoes, until they offer no resistance when a knife is inserted in their centers. If you are still feeling unsure, use an instant-read thermometer: their internal temperature should be between 208°F and 211°F.
- 4 When the potatoes are done, remove them from the oven, slice them open down the middle and use a spoon to scrape out their flesh into a bowl. Add grilled scallion sour cream, salt and pepper and mash to combine. Spoon the mixture back into the empty jackets, place on a baking sheet, top with the BBQ beans and shower with the cheese blend. Return to the oven for approximately 15 minutes, until the cheese is melted and golden and the beans are steaming hot.
- 5 When potatoes go back in the oven, sauté the kale leaves with olive oil, salt and pepper, for about 5 minutes, until slightly wilted, but still vibrantly green. Add the pickled red onions (as well as some of their pickling liquid) and heat for 1 to 2 minutes more.
- 6 Plate twice baked potatoes and serve sautéed kale with pickled red onions alongside. Dig in!

BBQ Beans: White bean, ketchup, brown sugar, red wine vinegar, soy sauce, molasses, salt, pepper, paprika, cumin, celery salt, garlic, onion **Grilled Scallion Sour Cream:** Cultured milk, cream, scallion, salt, lime, pepper **Cheese Blend:** Cheddar (milk, culture, salt, enzyme), mozzarella (milk, culture, salt, enzyme), provolone (milk, culture, salt, enzyme) **Pickled Red Onion:** Red onion, white vinegar, sugar, salt, pepper, chile de arbol, bay leaf, juniper berry **Kale, Potato**

Contains: Milk, soy

② READY-TO-EAT

Tart's roasted brussels sprout and fontina galette with greens and maple mustard vinaigrette

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Enjoy!

Galette: Unbleached enriched hard wheat flour, hard white whole wheat flour, sugar, kosher salt, butter, brussels sprouts, shallot, onion, parmesan cheese, fontina cheese, lemon zest, lemon juice, olive oil, mustard, chile flake **Vinaigrette:** Sunflower oil, canola oil, apple cider vinegar, whole grain mustard, dijon mustard, maple syrup, shallot, salt, pepper **Greens**

Contains: Wheat, milk

③ FARM-TO-FREEZER

chickpea coconut cashew curry with 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