

PASTURE AND PLENTY

APRIL 1, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a great line-up of meals, friends! Look for: roasted sweet potato tacos on La Cosecha tortillas with a chopped, spicy-sweet mango sweet corn salsa, stewed black beans and crumbled queso fresco; a creamy, tomatoey and fragrant butter paneer with broccoli and cauliflower paired with rice pilaf and cucumber raita; and then last, our signature fried rice loaded with vegetables (because, YES VEG) and edamame. Doesn't that sound good?



roasted sweet potato taco kit with mango sweet corn salsa and black beans



butter paneer with broccoli and cauliflower, rice pilaf and cucumber raita



loaded vegetable fried rice with edamame



PRODUCER SPOTLIGHT

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

Bering Bounty

La Cosecha

Winterfell Acres

Vitruvian Farms

Alsum Sweet Corn

Wonderstate Coffee

EXTRA GOODNESS

carrot streusel muffins

Instructions: Store at room temperature and enjoy within 3 days.

Ingredients: Muffins (carrots, ap flour, sugar, butter, eggs, milk, orange juice, crystallized ginger, baking soda, vanilla, baking powder, salt, orange zest), streusel (brown sugar, ap flour, butter, cinnamon, 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

roasted sweet potato taco kit with mango sweet corn salsa and black beans

PREP &
COOK TIME

35
MINUTES

IN YOUR BAG

Sweet Potato

La Cosecha
Tortillas

Taco Seasoning

Black Beans

Mango Sweet
Corn Salsa

Queso Fresco

PAIR WITH

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

- 1 Preheat oven to 425°F. While oven is preheating, prep your sweet potatoes. Peel potatoes and cut into 1/2"-square pieces. Spread sweet potatoes in a single layer on a sheet tray; drizzle with olive oil and sprinkle with spice mix (adding less if you want it less spicy) and toss to coat evenly.
- 2 Roast sweet potatoes in preheated oven for about 20 minutes, flipping the potatoes and rotating the pan halfway through, until fork tender and caramelized. If not done, stir sweet potatoes and roast longer, checking for crispness in 5 minute increments.
- 3 Meanwhile, gently reheat black 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.
- 4 Reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.
- 5 Build tacos using roasted sweet potatoes and the mango sweet corn salsa. Serve the black beans alongside your tacos. Top everything with queso fresco and dig in!

La Cosecha Tortillas: Corn, salt, water, lime **Taco Seasoning:** Brown sugar, coffee, salt, pepper, garlic powder, onion powder, cumin, coriander, paprika, cayenne **Black Beans:** Black bean, onion, garlic, cumin, coriander, paprika, guajillo, lime, salt, pepper **Salsa:** Mango, corn, red bell pepper, pickled red onion (red onion, white wine vinegar, apple cider vinegar, salt, sugar), tomato, jalapeño, cilantro, scallion, lime, salt, pepper **Queso Fresco:** Pastuerized milk, salt, cheese culture, enzymes **Sweet Potato**

Contains: Milk (optional), mild spice

② READY-TO-EAT

butter paneer with broccoli and cauliflower, rice pilaf and raita

Heat butter paneer and rice pilaf in separate saucepans over medium heat until hot, adding up to 1/2 cup water as needed and stirring occasionally, for about 6 to 8 minutes. Alternately, heat both in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice pilaf onto plates and top with butter paneer. Serve with cucumber raita and enjoy!

Butter Paneer: Paneer (milk, salt, culture, enzyme), cauliflower, broccoli, tomato, onion, heavy cream, cashew, garlic, ginger, water, garam masala, fenugreek, cardamom, clove, salt, pepper **Rice Pilaf:** White rice, water, onion, garlic, bay leaf, chile de arbol, salt, pepper **Raita:** Greek yogurt, cucumber, cream, mint, cilantro, chat masala (salt, mango, black salt, cumin, coriander, musk melon, mint, ginger, yellow chili, bishop weed, nutmeg, asafoetida, caraway), salt, pepper

Contains: Milk, tree nut (cashew)

③ FARM-TO-FREEZER

loaded vegetable fried rice with edamame

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