

PASTURE AND PLENTY

APRIL 8, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

And a warmer Monday, at that! Besides sunshine, you can look forward to: our fave sweet potato sandwich on MScO ciabatta with a bell pepper salsa, lime crema and chickpea salad; our stewed tofu "ropa vieja" rich with tomato, olives, bell peppers, capers and raisins alongside yellow rice with peas and Cuban black beans; and a creamy baked alfredo pasta with Vitruvian oyster mushrooms, sweet peas and spinach to finish the week off. Life is looking good!



blackened sweet potato sandwich on ciabatta with spiced chickpea salad



tofu "ropa vieja" with Cuban black beans, yellow rice and peas



baked alfredo pasta with oyster mushrooms, sweet peas and kale



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.

Sassy Cow Creamery

Winterfell Acres

Elderberry Hill Farms

Sartori Cheese

Fifth Season Co-op.

Vitruvian Farms

EXTRA GOODNESS

chile lime nuts

Instructions: Store at room temperature and enjoy within 7 days. Alternately, they can be refrigerated for 1 month and frozen for up to 3 months.

Ingredients: Pepitas, cashews, sunflower seeds, lime juice, maple syrup, salt, ancho powder, cumin, garlic powder, dried oregano, smoked paprika, coriander, cayenne, cinnamon

Contains: Tree nuts

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

blackened sweet potato sandwich on ciabatta with spiced chickpea salad

PREP &
COOK TIME

35
MINUTES

IN YOUR BAG

Sweet Potato

Spice Mix

Ciabatta

Arugula

Lime Crema

Rajas Salsa

Chickpea Salad

PAIR WITH

the acidic and
food-friendly Do-
maine Rimbart
Vin Orange
or

the balanced
and crisp Extra
Blonde Ale from
Giant Jones
Brewing

1 Preheat oven to 425°F. Peel sweet potatoes and slice them into 1/4-inch wide discs. Line a rimmed baking sheet with parchment paper for easy clean up. Toss the sweet potato discs, a drizzle of olive oil (enough to coat the discs) and the spice mix* together right on the baking sheet. Arrange potatoes in a single layer.

2 Roast for 10 minutes in the center of oven. Remove baking sheet from oven and carefully turn over each sweet potato slice to allow for browning on both sides. Roast for an additional 10 to 15 minutes, checking every 5 minutes to ensure the sweet potatoes don't overcook.

3 Slice the ciabatta in half and toast in the preheated oven or a toaster oven until lightly browned. Spread the crema on both halves of the toasted ciabatta. Then, on the bottom half, layer on the blackened sweet potato slices, rajas salsa and arugula. Finish with the top half of ciabatta.

4 Plate the sandwiches, give the chickpea salad a good stir and serve on the side. Dig in!

**Taste the spice mix for spiciness! Use as much (or as little) as you would like!*

Spice Mix: Brown sugar, cumin, coriander, ancho, pasilla, guajillo, garlic powder, onion powder, smoked paprika, salt, pepper **Ciabatta** Flour, water, olive oil, salt, yeast **Lime Crema:** Sour cream, heavy cream, cilantro, lime, salt, pepper **Rajas**

Salsa: Assorted bell peppers, cherry tomato, tomato, rice vinegar, cilantro, sugar, salt, pepper, lime juice **Chickpea Salad:** Chickpea, red onion, cucumber, feta, garlic, lemon, parsley, turmeric, salt, pepper **Sweet Potato, Arugula**

Contains: Milk, wheat

② READY-TO-EAT

tofu "ropa vieja" with Cuban black beans, yellow rice and peas

Heat ropa vieja and beans in separate sauté pans over medium-low heat until hot, adding a splash of water if needed and stirring occasionally, for about 6 to 8 minutes.

Heat rice and peas in microwave on high, adding water if needed, stirring every minute or so, until hot, for about 3 minutes.

Divide rice onto plates, plating ropa vieja and beans alongside. Enjoy!

Tofu "Ropa Vieja": Tofu (soybean, water, calcium sulfate, glucono delta lactone), tomato, vegetable stock, red onion, red bell pepper, yellow bell pepper, green bell pepper, garlic, manzanilla olive, golden raisin, caper, salt, parsley, oregano, cumin, paprika **Cuban Black Beans:** Black bean, water, onion, green bell pepper, orange, garlic, salt **Yellow Rice:** White rice, water, pea, turmeric, onion, garlic, salt

Contains: Soy

③ FARM-TO-FREEZER

baked alfredo pasta with oyster mushrooms, sweet peas and kale

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