

PASTURE AND PLENTY

APRIL 29, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

It looks like it's shaping up to be glorious Spring week and hopefully our menu makes it easy to enjoy the weather! Get excited for: falafel sandwiches with a chopped cabbage salad in a creamy-tart yogurt sauce, pickled turnips and a chile tahini sauce on ciabatta; takeout-style kung pao tofu with stir-fried peppers and celery, roasted peanuts, and a sweet, sour and savory sauce; and our signature creamy baked mac and cheese loaded with vegetables!



falafel sandwich with creamy chopped cabbage salad, pickled turnips and chile tahini sauce



kung pao tofu with brown rice



loaded mac & cheese with broccoli, cauliflower, carrot, kale and oyster mushroom



PRODUCER SPOTLIGHT

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

Winterfell Acres

Madison Sourdough Co.

Sassy Cow Creamery

Saffi Saana

Hook's Cheese

Jones Dairy Farm

Vitruvian Farm

Garden To Be

Flyte Family Farm

Lovefood Farms

EXTRA GOODNESS

white chocolate blondie

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

Ingredients: ap flour, brown sugar, butter, egg, white chocolate, sugar, vanilla, salt, cornstarch, baking powder

Contains: *Egg, wheat, 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

falafel sandwich with creamy chopped cabbage salad, pickled turnips and chile tahini sauce

PREP & COOK TIME

40
MINUTES

IN YOUR BAG

- Falafel Mix
- Cabbage Salad
- Citrus Yogurt Sauce
- Pickled Turnips
- Chile Tahini Sauce
- Ciabatta

PAIR WITH

the herbaceous and well-balanced La Comarcal Delmoro Blanco or the drinkable Up North Wisconsin Lager from One Barrel

- 1 Shape your falafel mix into individual, flat patties (roughly the size of your ciabatta buns), making sure to incorporate any juices. Your falafel can be either baked or pan-fried.
- 2 For baked falafel, preheat oven to 375°F. Pour enough olive oil onto a rimmed baking sheet (large enough to fit all of your falafel patties) that the pan is evenly coated with a layer of olive oil. Place falafel on your oiled pan and bake for 25 to 30 minutes, carefully flipping the falafels halfway through baking, until the falafels are deeply golden on both sides.
- 3 For pan-fried falafel, fill a deep cast iron, carbon steel, or nonstick skillet or Dutch oven with about 1/2 inch of oil. Heat over high heat until oil registers 375°F on an instant-read thermometer. Carefully lower falafel patties into oil one at a time, allowing a little space between each patty and cooking in batches if necessary. Adjust heat as needed to maintain a temperature of between 350°F and 375°F. Allow falafel to cook undisturbed until well browned on bottom sides, then carefully flip and cook until browned on second side, about 4 minutes total. Transfer cooked falafel to a paper towel-lined plate.
- 4 While your falafel is finishing cooking, toss the cabbage salad with the citrus yogurt sauce. Add to taste; you may not want to use all of it. Next, slice the ciabatta in half and heat in the preheated oven or a toaster oven until lightly browned.
- 5 To assemble your sandwiches, spread both halves of the toasted ciabatta with the chile tahini sauce (to taste), then layer some of the dressed cabbage salad on the bottom of the toasted ciabatta. Set your crispy falafel patties on top and layer on the pickled turnip. To finish, drizzle with any extra yogurt sauce and top with the other half of ciabatta.

- 6 Serve falafel sandwiches with the remainder of the cabbage salad and enjoy!

Falafel Mix: Garbanzo bean, water, garlic, cilantro, parsley, mint, salt, pepper, scallion, cumin, coriander, paprika **Cabbage Salad:** Green cabbage, red onion, cucumber, cherry tomato, kalamata olive **Citrus Yogurt Sauce:** Greek yogurt, heavy cream, lemon, dill, chive, salt, pepper **Pickled Turnips:** Turnip, apple cider vinegar, white wine vinegar, distilled white vinegar, red wine vinegar, sugar, salt **Chile Tahini Sauce:** Tahini, water, sambal, maple syrup, brown sugar, apple cider vinegar, salt, pepper **Ciabatta:** Flour, water, olive oil, salt, yeast

Contains: *Wheat, milk, sesame (optional)*

② READY-TO-EAT

kung pao tofu with brown rice

Reheat kung pao tofu in a sauté pan over medium-low heat for 6 to 8 minutes, until steaming hot.

In a separate frying pan, reheat rice over medium heat for 4 to 6 minutes, until hot, adding a tablespoon or so of both oil and water to the pan.

Divide the rice and kung pao tofu among plates. Dig in!

Kung Pao Tofu: Tofu (water, soybean, calcium sorbate), onion, red bell pepper, green bell pepper, cauliflower, celery, soy sauce, shaoxing cooking wine, peanut, sesame oil, garlic, ginger, cornstarch, water, brown sugar, scallion, chili de arbol, szechuan peppercorn, salt, white pepper **Rice:** Brown rice, water, salt, chili de arbol, bay leaf

Contains: *Soy, alcohol, peanuts, sesame, wheat*

③ FARM-TO-FREEZER

loaded mac & cheese with broccoli, cauliflower, carrot, kale and oyster mushroom

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