

# PASTURE AND PLENTY

MAY 6, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors, y'all: everyone's fave pizza kit is on deck, this time with bbq "chix", kale and gooey cheese topped with pickled red onions and herby ranch; add in an old Indian fave, chana masala – chickpeas cooked in a spicy and tangy tomato-based sauce – served with rice and pita for a flavorful quick meal; and then enjoy smothered black bean sweet potato burritos with salsa verde! Oh, and did someone mention sweet lemon possets?



**P&P pizza kit with bbq "chix", kale, pickled red onions and ranch**



**chana masala with rice and pita**



**smothered sweet potato black bean burritos with salsa verde**



### PRODUCER SPOTLIGHT

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

Just Veggies

Winterfell Acres

Vitruvian Farms

Enos Farms

Saffi Saana

Sassy Cow Creamery

Alsum Sweet Corn

### EXTRA GOODNESS

**lemon posset with blueberries**

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Posset (cream, sugar, lemon, vanilla, salt), blueberry.

Contains: 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

**P&P pizza kit with bbq "chix", kale, pickled red onions and ranch**

PREP & COOK TIME

75  
MINUTES

IN YOUR BAG

Pizza Dough

BBQ "Chix"

Cheese Blend

Kale

Pickled

Red Onions

Ranch

PAIR WITH

the darkly fruity and dry Stamnaki Agiorgitiko 2021 or the fruity and hazy A Women's Place is in the Brewhouse White IPA from Working Draft

- 1 At least one hour before baking, take dough out of refrigerator. Remove from packaging with floured hands, split into individual dough balls (one per person) and place on lightly floured surface. Cover with a kitchen towel and let rest.
- 2 Preheat oven to 425°F; if you have a convection setting now would be a great time to use it.
- 3 Meanwhile, rinse and dry the kale leaves. Strip kale leaves from the stems and roughly chop. Massage kale with a bit of olive oil, salt and red pepper flakes (if desired).
- 4 On a baking sheet, gently press down and stretch each pizza dough ball out to an 8 to 10" circle; they should be thin with slightly thicker edges.
- 5 Spread the bbq sauce and "chix" evenly on top of the dough. Sprinkle the kale over the top, followed by the cheese blend.
- 6 Bake in preheated oven until crust is golden brown, kale is crispy and the cheese is melted, about 12 to 15 minutes. Remove from oven, scatter the pickled red onions over the top and drizzle with the ranch dressing.
- 7 To serve, slice with a large knife or pizza cutter. Dig in!

**Pizza Dough:** Bread flour, water, 00 flour, olive oil, yeast, salt, sugar **BBQ "Chix":** Chix (soybean protein, soybean oil, pepper, white pepper, Chinese five spice powder [cinnamon, star anise, fennel seeds, cloves]), BBQ sauce (ketchup, white wine vinegar, apple cider vinegar, molasses, brown sugar, salt, pepper, garlic powder, onion powder, cumin, paprika), cumin, paprika, salt, pepper **Cheese Blend:** Mozzarella (milk, salt, culture, enzyme), provolone (milk, salt, culture, enzyme), cheddar (milk, salt, culture, enzyme, annatto) **Pickled Red Onions:** Red onion, white wine vinegar, water, sugar, salt **Ranch:** Buttermilk, sour cream, mayonnaise, dijon mustard, lemon, chive, parsley, dill, pepper, salt **Kale**

Contains: *Wheat, milk, soy*

② READY-TO-EAT

**chana masala with rice and pita**

Heat chana masala and rice in a separate sauce pans over medium-low heat for about 6 to 8 minutes until warmed through. If needed, add up to 1/4 cup of water to each, stirring occasionally to prevent sticking.

Alternatively, heat chana masala and rice in the microwave for 2 to 3 minutes until warmed through, adding a few tablespoons of water and occasionally stirring as necessary.

Pita can be heated in a toaster or toaster oven for a few minutes or in the microwave for about 15 to 30 seconds.

Divide rice into bowls, ladle chana masala on top of rice and serve with pita on the side. Enjoy!

**Chana Masala:** Chickpea, tomato, onion, garlic, ginger, thai chile, lemon, cinnamon, seasonings, cilantro **Rice:** White converted rice, water, chili de arbol, bay leaf, salt, pepper **Pita:** Enriched wheat flour, water, contains 2% or less of: soybean oil and/or canola oil, yeast, salt, sugar, dough conditioner, baking powder, nofat dry milk, calcium propionate and potassium sorbate, yeast nutrients, whole wheat flour

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

③ FARM-TO-FREEZER

**smothered sweet potato black bean burritos with salsa verde**

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