

PASTURE AND PLENTY

JUNE 10, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

We're celebrating our 7th birthday, y'all! Look for: couscous chockfull of dried apricots, fresh peas, mint and almonds topped with flavorful lamb meatballs with a creamy yogurt mint sauce to finish it off; an Italian green salad – basically pizza in salad form – loaded down with pepperoncini, red onions, olives, crispy breadcrumbs, mozzarella and more in a tomato vinaigrette; and a vibrant, bright green minestrone! Oh, and did we say birthday cupcakes??



lamb meatballs with mint scallion yogurt sauce and couscous with peas and apricots



Italian chopped salad with crispy pepperoni



green minestrone



PRODUCER SPOTLIGHT

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

- Pinn-Oak Ridge
- Winterfell Acres
- Flyte Family Farm
- Madison Sourdough Co.
- Vitruvian Farm
- Marshview Farm
- Driftless Organics
- Saffi Saana

EXTRA GOODNESS

double chocolate birthday cupcakes

Instructions: Keep cupcakes and ganache refrigerated. To assemble: bring both to room temperature; then, use a butter knife or offset spatula to frost the cupcakes. Enjoy within 5 days!

Ingredients: Chocolate cake (sugar, ap flour, buttermilk, coffee, cocoa powder, oil, eggs, baking soda, vanilla, baking powder, salt), chocolate ganache (heavy cream, chocolate)

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

lamb meatballs with mint scallion yogurt sauce and couscous with peas and apricots

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

Lamb Meatball Mix

Couscous Salad

Mint Scallion Yogurt Sauce

PAIR WITH

the full-bodied and aromatic Pascal Biotteau Anjou Rouge 2020 or the hazy A Women's Place is in the Brewhouse White IPA from Working Draft

- 1 Preheat the oven to 450°F.
- 2 Divide and shape the meatball mix into golfball-sized meatballs and arrange them on a rimmed baking sheet. Bake the meatballs until they are no longer pink the center, 8 to 10 minutes, or until an instant-read thermometer inserted into the center of the meatball reads 160°F.*
- 3 While the meatballs are cooking, give the couscous salad a stir to redistribute the dressing.
- 4 Plate the couscous and nestle the lamb meatballs on top. Drizzle the yogurt sauce over everything and dig in!

**Consuming raw or undercooked meatballs may increase your risk of foodborne illness.*

Lamb Meatball Mix: Lamb, egg, panko, salt, pepper, onion powder, garlic powder, paprika, cumin, coriander, red pepper flake
Couscous Salad: Israeli couscous, water, kale, pea, apricot, almond, lemon, salt, pepper
Mint Scallion Yogurt Sauce: Greek yogurt, heavy cream, scallion, mint, lime

Contains: Lamb, wheat, milk, tree nut (almond), egg

② READY-TO-EAT

Italian chopped salad with crispy pepperoni

In a large bowl, combine the salad greens, toppings and tomato vinaigrette; toss to combine.

Divide the salad among plates, pouring over any dressing remaining in the bowl. Top with the pepperoni and bread crumbs and serve right away. Enjoy!

Salad Toppings: Mozzarella, red onion, pepperoncini, kalamata olive
Vinaigrette: Tomato, canola oil, olive oil, pickled pepperoncini liquid, white wine vinegar, dijon mustard, salt
Breadcrumbs: Flour, water, olive oil, salt, paprika, garlic, oregano
Pepperoni: Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, bha, bht, citric acid
Greens

Contains: Milk, wheat, pork

③ FARM-TO-FREEZER

green minestrone

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