

PASTURE AND PLENTY

JUNE 10, 2024 | VEGETARIAN

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 cauliflower balls 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, green minestrone! Oh, and did we say birthday cupcakes??



**cauliflower balls with mint
scallion yogurt sauce and couscous
with peas and apricots**



**Italian chopped salad with
roasted oyster mushrooms**



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

cauliflower balls with mint scallion yogurt sauce and
couscous with peas and apricots

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Cauliflower Ball
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 350°F.
- 2 Divide and shape the cauliflower ball mix into golfball-sized balls and arrange them on a rimmed baking sheet. Bake the cauliflower balls until they are well-browned and crispy and an instant-read thermometer inserted into the center of the meatball reads 165°F, about 15 to 20 minutes.
- 3 While the meatballs are cooking, give the couscous salad a stir to redistribute the dressing.
- 4 Plate the couscous and nestle the cauliflower balls on top. Drizzle the yogurt sauce over everything and dig in!

Cauliflower Ball Mix: Cauliflower, brown rice, quinoa, oat flour, eggs, spices, parsley, chive, salt
Couscous Salad: Israeli couscous, water, kale, pea, apricot, almond, lemon, salt, pepper
Mint Scallion Yogurt Sauce: Greek yogurt, heavy cream, scallion, mint, lime

Contains: Egg, wheat, milk, tree nut (almond)

② READY-TO-EAT

Italian chopped salad with roasted oyster mushrooms

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 mushrooms 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
Mushrooms: Oyster mushroom, olive oil, salt, pepper
Greens

Contains: Milk, wheat, mushroom

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