

# PASTURE AND PLENTY

JUNE 17, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

What's summer in Wisconsin without a brat or two, eh, friends? Get excited to start the season off right with Impossible brats topped with house-made beer mustard and relish piled on Clasen's buns with a classic potato salad on the side! We're following it up with easy, family faves, too: Brazilian "chix" stroganoff and a creamy, baked pesto pasta with all the delicious veg we can fit in! And, for an extra special treat, look for another Wisco classic: cream puffs!



**Impossible brat** with classic potato salad, relish & house-made beer mustard



**Brazilian "chix" stroganoff** with rice and crispy potato sticks



**creamy pesto cavatappi** with asparagus, spinach and roasted red peppers



### PRODUCER SPOTLIGHT

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

- Enos Farms
- Winterfell Acres
- Elderberry Hill Farm
- Clasen's European Bakery
- Just Veggiez
- Marshview Farms
- Saffi Saana
- Sartori Cheese

### EXTRA GOODNESS

**profiteroles with chocolate whipped cream**

Instructions: Keep refrigerated and enjoy within 3 days!

Ingredients: Pâte à choux (water, ap flour, butter, egg, sugar, salt), filling (semi sweet chocolate, heavy cream, corn syrup).

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

**Impossible brat with classic potato salad, relish & house-made beer mustard**

PREP & COOK TIME

20 MINUTES

IN YOUR BAG  
Impossible Brat

- Clasen's Bun
- Relish
- Beer Mustard
- Potato Salad

PAIR WITH  
the hazy A Women's Place is in the Brewhouse White IPA from Working Draft (because nothing goes better with a classic brat)

- 1 Preheat grill for medium heat. Alternatively, heat oil in a heavy bottomed skillet over medium high heat until shimmering..
- 2 Grill brats or sear brats in pan until deeply colored on all sides, flipping as needed. Cook the brat until the internal temperature reads 165°F on an instant-read thermometer. Meanwhile, slice and toast bun over grill or in the same pan.
- 3 Assemble brats and buns, then top with mustard and relish. Serve potato salad alongside brats and dig in!

**Impossible Brat:** Water, soy protein concentrate, sunflower oil, coconut oil, 2% or less of: methylcellulose, salt, yeast extract, vegetal casing (sodium alginate, konjac gum, guar gum), cultured dextrose, food starch modified, dextrose, natural flavors, citric acid, paprika, spices, marjoram, soy leghemoglobin, mixed tocopherols (antioxidant), l-tryptophan, soy protein isolate, vitamins & minerals: zinc gluconate, niacin (vitamin B3), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), vitamin B12 **Clasen's Bun:** Unbleached flour, filtered water, yeast, sea salt **Relish:** Cucumber, green bell pepper, red bell pepper, onion, apple cider vinegar, sugar, salt, mustard seed, celery seed, red pepper flake **Beer Mustard:** Yellow mustard seed, brown mustard seed, beer, honey, brown sugar, garlic powder, turmeric, allspice, salt, cayenne, pepper.

**Potato Salad:** Russet potato, celery, cornichon, mayonnaise, garlic, lemon, white wine vinegar, mustard, pepperoncini, salt, scallion, dill, parsley, pepper

*Contains: Soy, coconut, wheat, egg, alcohol*

② READY-TO-EAT

**Brazilian "chix" stroganoff with rice and crispy potato sticks**

Heat stroganoff and rice in separate saucepans over medium heat until hot, adding up to 1/2 cup water as needed and stirring occasionally, for about 6 to 8 minutes. Alternately, heat both in microwave on high, adding water if needed, stirring every minute or so, until hot, for about 3 minutes.

Divide rice onto plates and top with stroganoff. Top with crispy potato sticks and enjoy! Bom appetite!

**"Chix" Stroganoff:** "Chix" (soybean protein, soybean oil, pepper, white pepper, Chinese five spice powder), tomato, button mushroom, onion, carrot, heavy cream, ketchup, kale, dijon mustard, garlic, butter, salt, parsley, bay leaf **Rice:** Converted white rice, water, onion, garlic, salt **Potato Sticks:** Potato, Cottonseed oil, salt

*Contains: Soy, milk, mushroom*

③ FARM-TO-FREEZER

**creamy pesto cavatappi with asparagus, spinach and roasted red peppers**

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](http://pastureandplenty.com)

**M** 3:30pm-7:30pm **T-F** 11am-7pm  
**SAT** 9am-2pm