

PASTURE AND PLENTY

JUNE 24, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

And who's excited for the start of another delicious and fun week? We can't wait for: deeply caramelized cauliflower steaks atop a classic, French-style lentil salad with tender roasted beets, crunchy toasted walnuts and tangy pickled rhubarb; a veg-laden quinoa salad with crispy chickpeas, olive dressing, toasted pita and creamy hummus; and a classic Chinese-American takeout dish... stir-fried tofu with cauliflower, broccoli and carrots! Yum!



roasted beet, walnut and lentil salad with pickled rhubarb and roasted cauliflower steaks



Mediterranean quinoa salad with sun dried tomato-olive vinaigrette, pita and hummus



stir-fried tofu with cauliflower, carrots and broccoli over scallion brown rice



PRODUCER SPOTLIGHT

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

Christensen Farms

Bering Bounty

Winterfell Acres

Elderberry Hill Farm

Driftless Organics

Saffi Saana

EXTRA GOODNESS

blackberry mint mocktail

Instructions: Keep blackberry mint purée and soda water refrigerated. Divide purée and soda water evenly among glasses, stir and enjoy!

Ingredients: Blackberry mint purée (blackberries, sugar, water, fresh mint), Sicilian lemon soda (water, lemon juice 12%, sugar, lemon pulp, citric acid, ascorbic acid, carbon dioxide, natural flavorings).

Contains: n/a

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

**roasted beet, walnut and lentil salad
with pickled rhubarb and roasted cauliflower steaks**

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

- Cauliflower
- Lentil Salad
- Roasted Beets
- Pickled Rhubarb

PAIR WITH

the complex and juicy American Wine Project "Social Creature" Sabrevois Rosé or with the light Keep 'em Honest German-style Helles Lager from Working Draft

- 1 Preheat oven to 425°F.
- 2 Slice the cauliflower heads lengthwise through the core to keep the florets together, creating thick 1/2" slabs (save those crumbles to roast for extra-crunchy bits). Spread out on a sheet pan, carefully coat cauliflower with olive oil and season with salt and pepper.
- 3 Roast in preheated oven for about 20 minutes – flipping halfway through – and check for doneness. Cauliflower should be tender, well-browned and caramelized. Stick with it, continuing to roast until the color goes from creamy white to deeply, impossibly golden brown. If not done, roast longer, checking for doneness in 5 minute increments (and flipping each time).
- 4 Meanwhile, give the lentil salad a stir to redistribute the dressing and gently toss with the roasted beets. Taste for seasoning; add salt and pepper if needed and, if desired, you can add in some the rhubarb pickling liquid.
- 5 Plate lentil salad and top with roasted cauliflower steak. Scatter the pickled rhubarb over everything and dig in!

Lentil Salad: French green lentil, water, kale, onion, carrot, celery, walnut, garlic, salt, pepper **Roasted Beets:** Red beet, water, red wine vinegar, salt, olive oil, pepper **Pickled Rhubarb:** Rhubarb, water, white wine vinegar, sugar, salt, bay leaf **Cauliflower**

Contains: Tree nut (walnut)

② READY-TO-EAT

Mediterranean quinoa salad with sun-dried tomato-olive vinaigrette, pita and hummus

Place quinoa salad and sun-dried tomato olive vinaigrette into bowl with mixed greens; toss well to combine all ingredients.

Warm pita in the toaster or toaster oven.

Portion hummus onto individual plates, then spread it across the plate in a thick schmear. Plate quinoa salad on top of hummus and serve with pita to scoop it up. Enjoy!

Quinoa Salad: Yellow quinoa, red quinoa, red bell pepper, yellow bell pepper, red onion, feta (milk, salt, cheese culture, enzymes, potato starch), cherry tomato, cucumber, garbanzo bean **Vinaigrette:** Olive oil, red wine vinegar, kalamata olive, sun-dried tomato, lemon, basil, oregano, red pepper flake, salt, pepper **Hummus:** Garbanzo bean, garlic, tahini (sesame), lemon, salt, baking soda, olive oil? **Pita:** Enriched wheat flour, water, soybean oil and/or canola oil, contains 2% or less of: yeast, whole wheat flour, salt, sugar, dough conditioner, baking powder, nonfat dry milk, yeast nutrients, calcium propionate and potassium sorbate **Mixed Greens**

Contains: Wheat, olives, sesame, milk

③ FARM-TO-FREEZER

stir-fried tofu with cauliflower, carrots and broccoli over scallion brown rice

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