

PASTURE AND PLENTY

JULY 1, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors, y'all! Look for: a grilled sweet potato taco salad, topped with crunchy tortilla chips and chopped black bean salsa with zesty ranch; a chickpea, cauliflower and potato tarkari – a spiced, but not spicy vegetable curry – inspired by similar tarkaris at our local fave Himal Chuli with cilantro brown rice and cucumber raita; and a simple, greens-packed and (moderately) spicy caldo verde! Oh, and did someone say s'mores cookies?



grilled sweet potato taco salad kit with jalapeño cilantro ranch and chopped black bean salsa



chickpea, cauliflower and potato tarkari with cilantro brown rice and cucumber raita



caldo verde



PRODUCER SPOTLIGHT

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

Alsum Sweet Corn

Sassy Cow Creamery

Sartori Cheese

Winterfell Acres

Driftless Organics

Marr's Valley View Farm

Saffi Saana

EXTRA GOODNESS

s'mores cookies with marshmallows
(gelatin-free)

Instructions: Store cookie dough in freezer. Bring to room temperature before baking. Bake at 350°F until cookies are golden brown, about 12-15 minutes. Place mini marshmallows (located in separate bag) on top of cookie and place back in the oven; bake for 1-3 more minutes until the marshmallows are toasted!

Ingredients: Butter, milk chocolate chips, ap flour, graham cracker crumbs, sugar, brown sugar, egg, maple syrup, vanilla, salt, baking soda, mini marshmallows (tapioca syrup, cane sugar, filtered water, tapioca starch, carrageenan, soy protein, and natural vanilla flavor)

Contains: *Wheat, milk, egg, soy*

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

grilled sweet potato taco salad kit
with jalapeño cilantro ranch and chopped black bean salsa

PREP &
COOK TIME

40
MINUTES

GRILLING INSTRUCTIONS

- 1 Preheat grill for medium heat. While the grill is preheating, get your prep on! Cut the stem end off of your lettuce head(s) and roughly chop (or tear) lettuce, then wash and dry it. Scrub and wash your sweet potatoes (or peel) and cut lengthwise into 1/2-inch thick slices. Coat each slice with a thin layer of olive oil and rub all over with the spice mix (adding it to taste).
- 2 Carefully place your sweet potato slice on grill (making sure grill grates are well oiled). Grill sweet potato slices over direct heat, checking and flipping occasionally, until golden brown on both sides and the flesh is tender all the way through, about 20 minutes. Remove the sweet potato slices from the grill and roughly chop.
- 3 While the sweet potato is grilling, build your taco salads. In individual large bowls (or plates), layer the salad as follows: lettuce, then drizzle about half of the zesty ranch over it, sprinkle on the shredded cheese and then scatter the chopped bean salsa on top.
- 4 Top the salads with the grilled sweet potato, drizzle with the remainder of the zesty ranch and sprinkle tortilla chips over everything. Enjoy!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Place sweet potato slices onto a sheet pan and roast, checking and flipping occasionally, until golden brown on both sides and the flesh is tender all the way through, about 20 minutes.

Bean & Corn Salsa: Black bean, corn, pickled red onion (red onion, apple cider vinegar, white vinegar, salt, sugar), cherry tomato, red bell pepper, green bell pepper, yellow bell pepper, jalapeño, scallion, cilantro, lime, salt, pepper **Cheese Blend:** Cheddar (milk, culture, salt, enzyme, annatto), monterey jack (milk, culture, salt, enzyme), potato starch **Tortilla Chips:** Tortillas (corn, water, lime, sodium propionate, potassium sorbate, phosphoric acid, corn flour), canola oil, salt, pepper **Zesty Ranch:** Buttermilk, sour cream, mayonnaise (canola oil, egg, dijon mustard, red wine vinegar, salt, pepper), jalapeño, lime, cilantro, garlic powder, onion powder, cumin, paprika, cayenne, salt, pepper **Taco Spice Rub:** cumin, onion powder, garlic powder, oregano, paprika, turmeric, coriander, la mesa chile powder, cayenne, salt, pepper **Sweet Potato, Head Lettuce**

Contains: Milk

IN YOUR BAG

- Sweet Potato
- Head Lettuce
- Bean & Corn Salsa
- Cheese Blend
- Tortilla Chips
- Zesty Ranch
- Taco Spice Rub

PAIR WITH

the crisp Conestabile della Staffa Grecorange or with the fruity and hazy A Women's Place is in the Brewhouse White IPA from Working Draft

② READY-TO-EAT

chickpea, cauliflower and potato tarkari
with cilantro brown rice and cucumber raita

Heat tarkari 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 tarkari. Serve cucumber raita alongside and enjoy!

Tarkari: Yukon gold potato, cauliflower, onion, chickpea, carrot, ginger, garlic, butter, curry powder, salt, lemon juice, turmeric, cumin, coriander **Rice:** Brown rice, water, cilantro, salt **Raita:** Greek yogurt (grade A pasteurized skim milk, cream, milk protein concentrate, pectin, enzymes, live active cultures), cucumber, cream, lemon, chaat masala (salt, unripe dried mango, black salt, cumin, coriander, musk melon, pepper, mint, dried ginger, yellow chilli, bishop's weed, nutmeg, cloves, caraway, asafoetida), salt, pepper

Contains: Milk

③ FARM-TO-FREEZER

caldo 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