

PASTURE AND PLENTY

AUGUST 5, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

And we have another great summery menu for you this week! Look for: our annual zucchini pie (a fan-favorite every year) with lacinato kale and lemon vinaigrette; buffalo chicken lettuce wraps with house-made ranch and a carrot-celery-apple chopped salad; and then last, our signature fried rice loaded with vegetables (because, YES VEG) and crispy bacon lardons! Oh, and did we mention the decadent fudge and caramel ice cream sauces?



zucchini pie with lacinato kale and lemon vinaigrette



buffalo chicken lettuce wraps with carrot-apple salad and house-made ranch dressing



loaded vegetable fried rice with bacon lardons



PRODUCER SPOTLIGHT

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

Crossroads Community Farm

Sartori Cheese

Winterfell Acres

Vitruvian Farm

Nueske's

Saffi Saana

Garden To Be

Driftless Organics

EXTRA GOODNESS

fudge and caramel sauces

Instructions: Put 'em on ice cream!! Store in fridge up to a month. Warm gently in the microwave and pour over your fave ice cream!

Ingredients: Fudge sauce (cream, cocoa powder, sugar, brown sugar, semi sweet chocolate, butter, vanilla, salt), caramel sauce (sugar, cream, water, corn syrup, vanilla, salt)

Contains: Milk

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

zucchini pie with lacinato kale and lemon vinaigrette

PREP &
COOK TIME

45
MINUTES

- 1 Preheat oven to 350°F.
- 2 Finely chop parsley. Set aside in a large bowl. Add wet mix, sarvecchio, and salt and pepper to the bowl with parsley. Stir until well combined.
- 3 Thinly slice zucchini and scallions. Add to bowl with dry mix. Stir until all ingredients are combined, but the mixture is not overmixed.
- 4 Pour into a greased 9-inch pie pan (or 9×9 baking dish for meal kits for 1 or 2) or a 9×13-in baking dish (for meal kits for 4). Bake for 25 to 35 minutes until golden brown on top. Wait for the pie to take on a golden hue before removing it to the oven. If it's not golden brown on top, the middle will likely not be cooked through.
- 5 While pie is baking, wash and dry kale. Strip kale leaves from stems, slice and massage with vinaigrette and salt and pepper (to taste) in a bowl. Massaging the greens and dressing them in advance takes the edge off, and makes them tender enough to eat without cooking.
- 6 Serve warm zucchini pie alongside kale salad. Enjoy!

Lemon Vinaigrette: Canola oil, apple cider vinegar, water, lemon, dijon mustard, shallot, sugar, salt **Sarvecchio & Herbs:** Sarvecchio (milk, salt, culture, enzymes), parsley, basil, thyme, rosemary **Dry Mix:** AP flour, butter, baking soda, salt **Wet Mix:** Egg, canola oil **Zucchini, Parsley, Scallion and Lacinato Kale**

Contains: Egg, milk, wheat

IN YOUR BAG

Zucchini,
Parsley, Scallion
and Lacinato
Kale

Lemon
Vinaigrette

Sarvecchio &
Herbs

Dry Mix

Wet Mix

PAIR WITH

the minerally &
medium-bodied
Idlewild "Flora
& Fauna" White
or
the crisp Happy
Place Midwest
Pale Ale from
Third Space

② READY-TO-EAT

**buffalo chicken
lettuce wraps** with carrot-
apple salad & ranch dressing

Warm chicken in a saucepan over medium low heat until hot, 7 to 10 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave chicken on medium high until hot, about 3 to 5 minutes.

Meanwhile, separate leaf lettuce, wash under cold water, and then dry. Give carrot-apple salad a toss to evenly coat with dressing.

Divide chicken onto lettuce wraps. Top with apple-carrot salad and ranch dressing, or serve salad on the side. Dig in!

Buffalo Chicken: Chicken, celery, spices, butter, cayenne, distilled vinegar, water, garlic powder, salt **Carrot-Apple Salad:** Red cabbage, carrot, celery, apple, parsley, lemon, olive oil, salt, pepper **Ranch:** Buttermilk, sour cream, soybean oil, egg, distilled vinegar, mustard, onion powder, garlic powder, herbs, lemon, salt, sugar, pepper **Lettuce**

Contains: Milk, egg, poultry

③ FARM-TO-FREEZER

**loaded vegetable fried
rice** with bacon lardons

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