

# PASTURE AND PLENTY

AUGUST 5, 2024 | VEGETARIAN

## 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 cauliflower chickpea 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 tofu! Oh, and did we mention the decadent fudge and caramel ice cream sauces?



**zucchini pie** with lacinato kale and lemon vinaigrette



**buffalo chickpea & cauliflower lettuce wraps** with carrot-apple salad and house-made ranch dressing



**loaded vegetable fried rice** with tofu



### 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

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

- 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 9x13-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

② READY-TO-EAT

**buffalo chickpea & cauliflower lettuce wraps** with carrot-apple salad and house-made ranch

Preheat oven to 400°F. Bake cauliflower and chickpeas in preheated oven until hot and crispy, about 10 to 20 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave cauliflower 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 cauliflower and chickpeas onto lettuce wraps. Top with slaw and ranch dressing, or serve slaw on the side. Dig in!

**Buffalo Chickpeas & Cauliflower:** Cauliflower, chickpea, 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

③ FARM-TO-FREEZER

**loaded vegetable fried rice** with tofu

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