

PASTURE AND PLENTY

AUGUST 26, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

Who's excited for another delicious week? We can't wait for: our yearly corn on the cob extravaganza with elote (Mexican street corn) and a Mexican chopped salad with spiced tempeh crumbles; our classic shakshuka, a one-skillet recipe of eggs baked in a tomato-red pepper sauce, enriched with goat cheese, and with roasted potatoes and pita to sop up all that tomatoey goodness; and then everyone's favorite spanikopita-style baked pasta!



elote (street corn) kit
with Mexican chopped salad, spiced tempeh crumbles and citrus cilantro vinaigrette



shakshuka with herb roasted potatoes, egg and pita



baked spanikopita-style pasta with greens and feta



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

Vitruvian Farms

Winterfell Acres

Bandung

Montchevre

Sartori Cheese

Happy Valley Farm

Jones Dairy Farm

Saffi Saana

EXTRA GOODNESS **peanut butter blossom cookie dough**

Instructions: Keep cookie dough frozen. Bring dough to room temperature before baking. Preheat oven to 325°F. Place cookies on parchment-lined or greased cookie sheet and flatten to about 1/2" thick rounds. Bake in preheated oven for about 12 to 14 minutes until golden on the edges and slightly puffed, rotating halfway through for an even bake.

Ingredients: Peanut butter, oat flour, brown sugar, baking powder, vanilla, salt

Contains: Peanut

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

elote (street corn) kit with Mexican chopped salad, spiced tempeh crumbles and citrus cilantro vinaigrette

PREP & COOK TIME

60 MINUTES

IN YOUR BAG

Sweet Corn

Queso Fresco & Chili Powder

Roasted Serrano Aioli

Citrus Cilantro Vinaigrette

Mexican Chopped Salad with Tempeh Crumbles

Tortilla Strips

GRILLING INSTRUCTIONS

- 1 Preheat grill for high heat. While preheating, shuck corn cobs (being careful to remove the silk).
- 2 Grill corn, turning often, until cooked and kernals are slightly charred, about 10 minutes.
- 3 While corn is grilling, place contents of chopped salad in a large bowl, toss with the citrus cilantro vinaigrette and divide onto plates. Top with tortilla strips.
- 4 Once corn is done, remove from grill and allow to cool slightly. Slather with aioli and sprinkle with queso fresco. Serve alongside the chopped salad. Dig in!

OVEN INSTRUCTIONS

- 1 Preheat oven to 400°F.
- 2 Place unshucked corn directly on oven rack and roast til tender and sweet, about 30 to 40 minutes.
- 3 While corn is roasting, place contents of chopped salad in a large bowl, toss with the citrus cilantro vinaigrette and divide onto plates. Top with tortilla strips.
- 4 When corn is done remove from the oven and allow to cool slightly. Carefully peel back husks to form a handle, then slather corn with aioli and sprinkle with queso fresco. Serve alongside the chopped salad. Dig in!

Queso Fresco: Milk, salt, enzymes, dried chiles **Roasted Serrano Aioli:** Mayonnaise (soybean oil, water, eggs, vinegar, salt, sugar, lemon juice, calcium disodium, natural flavors), roasted green chiles, roasted serranos, red wine vinegar, lime, cilantro, garlic, salt **Citrus Cilantro Vinaigrette:** Sunflower oil, orange, lime, lemon, dijon mustard, honey, garlic, cilantro, salt, pepper **Mexican Chopped Salad with Tempeh:** Cabbage, black bean, tempeh crumbles (tempeh, olive oil, salt, pepper, smoked paprika, brown sugar, cayenne, onion powder, garlic powder, cumin, coriander), cucumber, red onion, bell pepper, cherry tomato **Tortilla Strips:** Tortilla (corn water, lime, sodium propionate, potassium sorbate, phosphoric acid, corn flour), canola oil, dry spices, salt, peppe. **Sweet Corn**

Contains: Milk, soy, egg

PAIR WITH

the fresh and fruity El Jefe Tempranillo or the crisp and balanced Two Women Lager from New Glarus Brewing

② READY-TO-EAT

shakshuka with herb roasted potatoes, egg and pita

Preheat oven to 400°F. Place potatoes on a sheet pan and reheat in the oven for about 12 to 15 minutes, until crispy.

Meanwhile, reheat shakshuka in an oven-safe sauté pan over medium heat until hot, about 5 minutes. Gently crack eggs into skillet over shakshuka. Season eggs with salt and pepper. Transfer pan to oven and bake until eggs are just set, 5 to 8 minutes.

Heat pita in the oven on the sheet pan with the potatoes for a minute or two, until warm and pliant.

Divide potatoes onto plates, spoon shakshuka and eggs over the top of potatoes. Scoop up with pita and enjoy!

Shakshuka: Tomato, heirloom tomatoes, red and yellow bell peppers, goat cheese (goat milk, cheese culture, rennet, salt), onion, garlic, cumin, turmeric, paprika, cayenne, coriander, cardamom, chili powder, olive oil, salt, pepper

Potatoes: Yukon gold potato, fingerling potato, olive oil, salt, thyme, chive, parsley, dill. **Pita:** Enriched unbleached unbromated wheat flour, water, yeast, salt, sugar, calcium propionate, soy flour **Egg**

Contains: Milk, egg, wheat, soy

③ FARM-TO-FREEZER

baked spanikopita-style pasta with greens and feta

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