

PASTURE AND PLENTY

SEPTEMBER 3, 2024 | VEGETARIAN

HOORAY, IT'S TUESDAY!

Get excited for a week full of easy, breezy and summery meals! Look for: classic stuffed peppers filled with spiced lentils, oyster mushrooms & rice and a side of fresh, local greens; a summery panzanella salad with cherry tomatoes, smashed cucumber, white beans, mozzarella and toasted Madison sourdough bread in a chile crisp & soy vinaigrette; and last (but never least) everyone's perennial fave, South African Peanut Curry!



spiced lentil, oyster mushroom & rice stuffed peppers with greens and citrus cilantro vinaigrette



panzanella with white beans, tomatoes, cucumbers and chile crisp



South African sweet potato peanut curry over brown rice



PRODUCER SPOTLIGHT

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

Marr's Valley View Farm

Winterfell Acres

Vitruvian Farm

Madison Sourdough Co.

Crossroads Community Farm

Saffi Saana

Flyte Family Farm

EXTRA GOODNESS

monster cookie dough

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

Ingredients: Oats, puffed rice cereal, ground flax, sunflower seeds, pumpkin seeds, unsweetened shredded coconut, egg, brown sugar, sunflower seed butter, coconut oil, chocolate chips, baking soda, dried fruit, salt, vanilla extract, chocolate

Contains: Egg, milk, coconut

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

spiced lentil, oyster mushroom & rice stuffed peppers with greens and citrus cilantro

PREP & COOK TIME

60
MINUTES

IN YOUR BAG

Spiced Lentil,
Oyster
Mushroom
and Rice
Filling

Shredded
Cheese Blend

Bell Pepper

Greens

Cilantro Lime
Vinaigrette

PAIR WITH

the juicy
American Wine
Project "Social
Creature"
Sabrevois Rosé
or the crisp To
Those Who Wait
Czech-Style
Pilsner from
Working Draft

- 1 Preheat the oven to 400°F. Cut the peppers in half lengthwise and carefully remove core, seeds and ribs. Arrange the peppers, cut-sides up, in a baking dish in which they fit snugly.
- 2 Evenly fill the peppers with the stuffing. Pour 1/4 - 1/2 cup of water into the bottom of the dish. Wrap baking dish tightly with foil and bake for 35 to 40 minutes, until a paring knife easily pierces the peppers.
- 3 Remove the foil and spoon any juices that have accumulated in the bottom of the pan onto the peppers. Sprinkle the cheese evenly onto the peppers and bake another 10 to 15 minutes, until it's melted and beginning to brown. Allow the peppers to cool for 5 minutes.
- 4 While the peppers are cooling, toss your greens with enough vinaigrette to taste. Plate salad alongside your hot, stuffed peppers and dig in!

Spiced Lentil, Oyster Mushroom & Rice Filling: Green lentil, rice, sweet potato, oyster mushroom, corn, white onion, scallion, red wine vinegar, garlic powder, la mesa chile powder, cumin, paprika, onion powder, chile de arbol, black peppercorn, olive oil, salt **Shredded Cheese Blend:** Mozzarella (pasteurized milk, cheese culture, salt, enzymes), provolone (pasteurized milk, cheese culture, salt, enzymes), cheddar (pasteurized milk, cheese culture, salt, enzymes, annatto) **Citrus Cilantro Vinaigrette:** Canola oil, lime juice, lemon juice, cilantro, dijon mustard, salt, honey **Greens, Bell Pepper**

Contains: Milk, mushroom

② READY-TO-EAT

panzanella with white beans, tomatoes, cucumbers and chile crisp

Wash, dry and prep your vegetables. Smash the cucumbers with the side of your knife until ragged and split. Slice off the ends, then roughly chop into 1-inch pieces. Halve the tomatoes. Strip the kale from its stems, then roughly chop into bite sized pieces. Place all the vegetables in a large bowl.

Add the sourdough croutons, the mozzarella and the white beans to the large bowl with the vegetables. Drizzle with half of the chile crisp vinaigrette; stir to combine.

Season panzanella to taste with additional salt and chile crisp vinaigrette, then serve right away. Enjoy!

Chile Crisp Vinaigrette: Canola oil, soy sauce, sesame oil, dijon mustard, black vinegar, rice vinegar, maple syrup, garlic, ancho chile, pasilla chile, guajillo chile, black sesame, white sesame, ginger, salt, sichuan peppercorn **Croutons:** Madison Sourdough bread (flour, water, salt), salt, pepper, olive oil **Mozzarella:** Pasteurized milk, vinegar, enzymes, salt **White Beans:** White bean, salt **Vegetable Bag:** Cucumber, cherry tomato, kale

Contains: Milk, wheat, soy, sesame

③ FARM-TO-FREEZER

South African sweet potato peanut curry over 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