

# PASTURE AND PLENTY

SEPTEMBER 9, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a great line-up of meals! Look for: a bold, earthy, and slightly peppery (in a good way) broccoli rabe pesto tossed with Sal's toothy rigatoni, herbed white beans and sautéed veg; a summery galette from Tart filled with roasted tomatoes, corn and goat cheese with greens and a shallot balsamic vinaigrette; and a green pozole with charred poblanos, roasted tomatillos, fragrant cilantro, tender hominy and pinto beans! Oh, and cornbread!



**Sal's rigatoni** with broccoli rabe pesto, herbed white beans and sautéed vegetables



**Tart's roasted tomato, sweet corn and goat cheese galette** with greens and roasted shallot balsamic vinaigrette



**green pozole** with pinto beans



### PRODUCER SPOTLIGHT

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

Salvatore's Tomato Pies

Winterfell Acres

Marr's Valley View Farms

Flyte Family Farm

Sartori Cheese

Tart

Meadowlark Organics

Green Door Farms

### EXTRA GOODNESS

## honey-butter cornbread

Instructions: Store at room temperature for up to 3 days. Warm briefly before enjoying!

Ingredients: Cornbread (ap flour, sour cream, milk, corn meal, butter, sugar, egg, maple syrup, baking powder, baking soda, salt), honey-butter drizzle (butter, honey, salt).

Contains: *Wheat, milk, egg*

### 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

**Sal's rigatoni with broccoli rabe pesto, herbed white beans and sautéed vegetables**

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Sal's Rigatoni

Herbed White Beans

Broccoli Rabe Pesto

Vegetable Bag

Sarvecchio

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 Remove the vegetables from their bag; rinse and dry the vegetables to clean them. Slice the ends off the zucchini/summer squash and slice into 1/2-inch thick coins. De-stem and de-seed the peppers, then roughly chop into bite-sized pieces. Last, de-stem and roughly chop the kale. Set aside.

2 Heat a few tablespoons of olive oil in a large sauté pan over medium heat until just beginning to shimmer in the pan. Add the zucchini/summer squash and peppers to the pan, season with salt and pepper, and cook, stirring occasionally to prevent from sticking, about 10 minutes. Add the kale and continue to cook for about 5 more minutes, or until the peppers and squash are golden brown on the edges and starting to soften and the kale is wilted.

3 Meanwhile, bring a large pot of salted water — salty like the sea — to a boil over high heat; drop in pasta and cook until tender with a bite, about 3 minutes. Drain pasta, reserving a cup or so of pasta cooking water; set aside.

4 Add cooked pasta and herbed white beans to the sauté pan with the vegetables and return heat to medium. Add some of the cooking water (1/4 to 1/2 cup), stirring to distribute. Check seasoning and adjust. Cook for 1 to 2 minutes more to heat thoroughly. Add the pesto and quickly stir to incorporate.

5 Spoon pasta onto individual serving plates. Top with sarvecchio and enjoy!

**Sal's Rigatoni:** Semolina (wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water **Herbed White Beans:** White beans, thyme, dill, apple cider vinegar, salt **Broccoli Rabe Pesto:** Broccoli rabe, canola oil, white wine vinegar, pepita, parmesan (milk, culture, salt, enzyme), garlic, basil, salt, pepper, red chile flake, thyme **Vegetable Bag:** Zucchini and/or summer squash, bell pepper, kale **Sarvecchio:** Sarvecchio (milk, culture, salt, enzyme), thyme

Contains: Milk, wheat

② READY-TO-EAT

**Tart's roasted tomato, sweet corn and goat cheese galette with greens and roasted shallot balsamic vinaigrette**

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Enjoy!

**Galette:** Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin [vitamin B3], reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), hard white whole wheat flour, sugar, kosher salt, butter (pasteurized cream, natural flavoring), tomato, corn, goat cheese (pasteurized goat's milk, salt, bacterial culture, microbial enzymes), basil, parsley, olive oil, salt **Vinaigrette:** Canola oil, shallot, balsamic vinegar, dijon mustard, olive oil, red wine vinegar, salt, pepper **Greens**

Contains: Milk, wheat

③ FARM-TO-FREEZER

**green pozole with pinto beans**

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