

PASTURE AND PLENTY

APRIL 14, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

And what a gorgeous Spring week we have ahead! We can't wait to enjoy the warmer weather... I mean, it might even be nice enough to grill those bulgogi burgers outside! Just heat the grill to medium-high heat and get flipping, friends. For the potatoes, we'd recommend grilling them whole in a grill basket, and then cutting them in half or in quarters after cooking. We hope you enjoy!



black bean walnut bulgogi burger with kimchi aioli and red cabbage slaw on ciabatta with roasted potatoes



mulligatawny lentil soup with naan and yogurt sauce



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:

Arndt Land and Cattle

Madison Sourdough Co.

Winterfell Acres

Driftless Organics

Tipi Produce

Elderberry Hill Farm

Saffi Saana

Sartori Cheese

Sassy Cow Creamery

EXTRA GOODNESS

rhubarb coffee cake muffin

Instructions: Keep refrigerated for up to 5 days. Bring to room temp or warm in microwave to enjoy!

Ingredients: AP flour, sugar, butter, egg, yogurt, rhubarb, cornstarch, baking powder, vanilla, cinnamon, 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

black bean walnut bulgogi burger with kimchi aioli and red cabbage slaw on ciabatta with roasted potatoes

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

- Sal's Rigatoni
- Spring Greens Pesto
- Vegetable Bag
- SarVecchio Cheese
- Herbed White Beans

PAIR WITH

the darkly fruity and earthy Ercole Barbera del Monferrato or the drinkable Up North Wisconsin Lager from One Barrel Brewing Company

- 1 Preheat oven to 425°F.
- 2 Wash and dry the baby gem potatoes, then cut them in half or quarter (depending on size); there's no need to peel them, unless desired. Place cut potatoes on sheet pan, then toss with olive oil, salt and pepper (to taste).
- 3 Roast potatoes in the preheated oven for about 30 minutes, flipping about halfway through. Potatoes should be tender on the inside, but crispy and brown on the edges. If not tender, roast longer, checking for doneness in 5 minute increments and flipping each time you check.
- 4 While the potatoes are cooking, divide bean burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly.
- 5 Heat a small amount of olive oil or butter in a skillet over medium high heat. Place burgers in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 165°F.
- 6 Slice buns in half and toast bun briefly in the hot oven. Give the red cabbage slaw to redistribute the dressing.
- 7 Place burger on toasted bottom bun; top with cabbage slaw, kimchi aioli and top bun. Serve roasted potato wedges alongside the assembled burgers, along with any extra aioli for dunking, and dig in!

Black Bean Walnut Burger Mix: Black bean, onion, poblano pepper, garlic, mayo, egg, panko, walnut, chipotle en adobo, mozzarella (milk, salt, culture, enzyme), parmesan (milk, salt, culture, enzyme) red wine vinegar, salt **Ciabatta:** Flour, water, salt, yeast **Red Cabbage Slaw:** Purple cabbage, pickled daikon (White daikon, white vinegar, sugar, salt, turmeric, chile de arbol, bay leaf.), sugar, rice vinegar, salt **Kimchi Aioli:** Sunflower oil, vegan kimchi (napa cabbage, daikon, carrot, green onion, garlic, ginger, sugar, korean pepper, salt.) egg, dijon mustard, red wine vinegar, salt, pepper **Potatoes**

Contains: Wheat, tree nut, egg, sesame, alcohol, soy, milk

② READY-TO-EAT

mulligatawny lentil Soup with naan and yogurt sauce

Reheat soup in a saucepan over medium heat until hot, adding up to 1/2 cup water as needed and stirring occasionally, for about 6 to 8 minutes.

Warm naan in the toaster or toaster oven for a few minutes until warmed, soft and pliable.

Portion soup into bowls, garnish with yogurt sauce and enjoy the naan alongside!

Mulligatawny Lentil Soup: Vegetable stock, red lentil, tomato paste, coconut milk, granny smith apple, carrot, celery, onion, sweet potato, garlic, ginger, rice wine vinegar, lime juice, salt, pepper, yellow curry powder, cumin, turmeric, mustard seed, cayenne, olive oil **Naan:** Wheat flour, water, milk powder, canola oil, garlic, red chili, cumin seed, coriander, sesame seeds, salt, green chili, baking soda **Yogurt Sauce:** Greek yogurt, lime juice, heavy cream, cilantro, cumin, salt

Contains: Milk, wheat, coconut, sesame

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