

PASTURE AND PLENTY

MAY 27, 2025 | VEGETARIAN

HOORAY, IT'S TUESDAY!

Get excited for a week of fresh, delicious meals! We're dishing up: falafel sandwiches with chopped salad (full of cabbage, tomatoes and kalamata olives) in a lemon oil dressing with cucumber-laden tzatziki on pita; buffalo cauliflower chickpea lettuce wraps with house-made ranch and a carrot-celery-apple salad; and a mushroom bolognese with Sal's rigatoni. Oh, and did someone mention oatmeal raisin cookie dough? Yep, we can't wait!



**falafel pita sandwich with
lemony chopped cabbage salad and
tzatziki sauce**



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



**mushroom bolognese
sauce with Sal's rigatoni**



PRODUCER SPOTLIGHT

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

Winterfell Acres

Vitruvian Farms

Salvatore's Tomato Pies

Elderberry Hill Farm

Saffi Saana

Tipi Organics

Driftless Organics

EXTRA GOODNESS

oatmeal raisin cookie dough

Instructions: Keep frozen. Bring dough to room temperature. Preheat oven to 350°F. Place cookies on parchment-lined or greased cookie sheet and flatten to ~ 1/2" thick rounds. Bake in preheated oven for about 14 to 17 minutes, until golden brown, rotating halfway through for an even bake.

Ingredients: Oats, ap flour, butter, brown sugar, white sugar, raisins, eggs, vanilla, salt, baking soda, baking powder.

Contains: Milk, wheat, 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

falafel pita sandwich with lemony chopped cabbage salad and tzatziki sauce

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Falafel Mix
Pita
Chopped
Cabbage Salad
Lemon Oil
Dressing
Tzatziki Sauce

PAIR WITH
the fruity and
fun Seehof
Same Same But
Different White
or
the light and
crisp To Those
Who Wait
Czech-Style
Pilsner from
Working Draft

- 1 Shape your falafel mix into individual, flat patties (roughly the size of golf balls). Your falafel can be either baked or pan-fried.
- 2 For baked falafel, reheat oven to 375°F. Pour enough olive oil onto a rimmed baking sheet (large enough to fit all of your falafel patties) that the pan is evenly coated with a thin layer of olive oil. Place falafel on your oiled pan and bake for 25 to 30 minutes, carefully flipping the falafels halfway through baking, until the falafels are deeply golden on both sides.
- 3 For pan-fried falafel, fill a deep cast iron, carbon steel, or nonstick skillet or Dutch oven with about 1/2 inch of oil. Heat over high heat until oil registers 375°F on an instant-read thermometer. Carefully lower falafel patties into oil one at a time, allowing a little space between each patty and cooking in batches if necessary. Adjust heat as needed to maintain a temperature of between 350°F and 375°F). Allow falafel to cook undisturbed until well browned on bottom sides, then carefully flip and cook until browned on second side, about 4 minutes total. Transfer cooked falafel to a paper towel-lined plate.
- 4 While your falafel is finishing cooking, toss the cabbage salad with the lemon oil dressing. Add to taste; you may not want to use all of it. Also, season with salt and pepper, as desired. Next, slice the pita in half, open up the pockets, and heat in the preheated oven or a toaster oven until warm and pliable, just a minute or two.
- 5 To assemble your pita sandwiches, layer some of the dressed cabbage salad on the bottom of the pita half. Set your crispy falafel patties on top and layer on tzatziki sauce.
- 6 Serve falafel sandwiches with the remainder of the cabbage salad and dig in!

Falafel: Garbanzo bean, water, chickpea flour, oat flour, garlic, cilantro, parsley, mint, salt, pepper, cumin, coriander, paprika **Pita:** Enriched unbleached unbromated wheat flour, water, yeast, salt, sugar, calcium propionate, soy flour **Chopped Cabbage Salad:** Green cabbage, red onion, cherry tomato, kalamata olive **Lemon Oil Dressing:** Olive oil, lemon juice **Tzatziki Sauce:** Greek yogurt, cucumber, lemon juice, garlic, dill, salt

Contains: Wheat, milk, olive, soy

② READY-TO-EAT

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

Preheat oven to 400°F. Bake cauliflower and garbanzo beans in preheated oven until hot and crispy, about 10 to 15 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 beans onto lettuce wraps. Top with slaw and ranch dressing, or serve slaw on the side. Dig in!

Buffalo Cauliflower & Chickpea: Cauliflower, chickpea, celery, spices, butter, cayenne, distilled vinegar, water, garlic powder, salt **Ranch Dressing:** Buttermilk, sour cream, soybean oil, egg, distilled vinegar, mustard, onion powder, garlic powder, chives, parsley, dill, lemon, salt, pepper **Carrot Apple Salad:** Red cabbage, carrot, celery, apple, scallion, parsley, lemon, olive oil, salt, pepper **Lettuce**

Contains: Milk, egg

③ FARM-TO-FREEZER

mushroom bolognese sauce with Sal's rigatoni

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