

PASTURE AND PLENTY

MAY 12, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Local asparagus is starting to roll in, friends! And we're going to be maximizing our intake of this fleeting Spring veggie. Because we all know that farm-fresh and in-season asparagus is flat out so much crisper, sweeter and grassier (in the best way) than store-bought! Big thanks to Farmer Katy at Christensen Farm for this week's load of asparagus for your Spring Vegetable Risotto. Look for more asparagus next week, y'all, because it's that happy time of year!



**grilled cauliflower steak with
Spring vegetable and cranberry bean
risotto and chimichurri sauce**



**roasted red pepper and
feta white beans on toasted
miche with greens and lemon
vinaigrette**



**crispy baked mushroom
pasta with spinach and parmesan
cream sauce**



PRODUCER SPOTLIGHT

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

Winterfell Acres

Saffi Saana

Madison Sourdough Co.

Elderberry Hill Farm

Enos Farms

Vitruvian Farm

Sartori Cheese

Christensen Farm

EXTRA GOODNESS

peanut butter blossom cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 325°F. Place cookies on parchment-lined or greased cookie sheet and flatten to ~ 1/2" thick rounds. Bake in preheated oven for ~12-14 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

grilled cauliflower steak with Spring vegetable and cranberry bean risotto and chimichurri sauce

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Cauliflower

Spring
Vegetable and
Cranberry Bean
Risotto

Chimichurri
Sauce

PAIR WITH

the rich and
flinty Iconic
Sidekick
Chardonnay
or
the drinkable
Up North
Wisconsin Lager
from One Barrel
Brewing
Company

- 1 Preheat oven to 425°F. Carefully coat cauliflower quarters with olive oil and season with salt and pepper.
- 2 Heat a heavy bottomed skillet over medium heat until hot. Add a tablespoon or so of oil and, once oil is rippling, sear cauliflower quarters over high heat on each cut side until browned, a minute or two per side. Place on sheet pan.
- 3 Roast seared cauliflower in preheated oven for about 20 minutes — flipping halfway through — and check for doneness. Cauliflower should be tender, well-browned and caramelized. Stick with it, continuing to roast until the color goes from creamy white to deeply, impossibly golden brown. If not done, roast longer, checking for doneness in 5 minute increments (and flipping each time).
- 4 Meanwhile, gently reheat risotto with up to 1/2 cup of water, stirring often until warm, bubbly, creamy and starting to get sticky, about 6 to 8 minutes.
- 5 Divide risotto onto plates, nestle cauliflower on top and drizzle the chimichurri sauce over everything. Enjoy!

Spring Vegetable and Cranberry Bean Risotto: Arborio rice, vegetable stock, cranberry bean, onion, radish, turnip, asparagus, parmesan (milk, culture, salt, enzyme), white wine, garlic, radish greens, turnip greens, red wine vinegar, olive oil, butter, chive, tarragon, dill, parsley, salt, lemon, red chile flake **Chimichurri Sauce:** Canola oil, olive oil, red wine vinegar, white wine vinegar, garlic, shallot, lime juice, jalapeño, cilantro, parsley, oregano, chive, salt, salt, pepper, red chili flake.
Cauliflower

Contains: Milk, alcohol

② READY-TO-EAT

roasted red pepper and feta white beans on toasted miche with greens and lemon vinaigrette

Warm red pepper white beans over medium-low heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes.

Meanwhile, toss mixed greens with desired amount of vinaigrette and pop miche into the toaster oven for just a few seconds to warm.

Spoon hot red pepper white beans onto the top of the toasted miche, sprinkle with crumbled feta, and serve salad on the side. Enjoy!

Red Pepper White Beans: White bean, vegetable stock, red bell pepper, onion, celery, carrot, tomato paste, tomato, garlic, lemon, red wine vinegar, salt, pepper **Feta:** Pasteurized milk, salt, cheese culture, enzymes **MSCo Miche:** Flour, water, salt **Lemon Vinaigrette** Canola oil, white wine vinegar, lemon, dijon mustard, honey, salt, pepper **Salad Greens**

Contains: Milk, wheat

③ FARM-TO-FREEZER

crispy baked mushroom pasta with spinach and parmesan cream sauce

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