

PASTURE AND PLENTY

JUNE 23, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a week of summery meals! Look for toothy Sal's rigatoni with vodka sauce paired with herbed ricotta, fresh spinach and herbed white beans; a loaded panzanella salad made with Madison Sourdough croutons, little gem lettuce from Vitruvian Farm and loads of great toppings, including artichokes, mushrooms and chickpeas; and last (but not least) everyone's perennial fave, South African Peanut Curry!



Sal's rigatoni a la vodka with herbed white beans, spinach, turnips and herbed ricotta



panzanella salad with artichokes, chickpeas, asparagus, mushrooms, mozzarella and lemon dill vinaigrette



South African sweet potato peanut curry with brown rice



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

Flyte Family Farms

Driftless Organics

Madison Sourdough Co.

Vitruvian Farms

Winterfell Acres

Sal's Tomato Pies

EXTRA GOODNESS

chocolate cream puff

Instructions: Keep refrigerated and enjoy within 3 days!

Ingredients: Choux pastry (egg, flour, water, butter, sugar, salt), chocolate filling (cream, chocolate, egg yolks, butter, sugar, water, salt, vanilla).

Contains: Egg, wheat, milk

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 a la vodka with herbed white beans, spinach, turnips and herbed ricotta

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Herbed White
Beans

Sal's Rigatoni

Vodka Sauce

Herbed
Ricotta

Vegetable Bag

PAIR WITH
the juicy and
spicy Ercole
Barbera del
Monferrato
or
the hoppy and
crisp Snappy
American IPA
from Hillsboro
Brewing Co.

- 1 Remove the vegetables from their bag; rinse and dry the turnips and spinach to clean them. Trim the turnips, slice into 1/4-inch thick coins or wedges. Remove any thick stems from the spinach and roughly chop; set aside.
- 2 Heat a splash of olive oil in a large sauté pan over medium heat until just beginning to shimmer in the pan. Add the turnips to the pan, season with salt and pepper, and cook, stirring occasionally to prevent from sticking, about 6 to 8 minutes, or until the vegetables are golden brown on the edges and starting to soften.
- 3 While the turnips are cooking, 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. You want them slightly under al dente. Drain pasta, reserving a few cups or so of pasta cooking water; set aside.
- 4 At the same time, warm the white beans in a small saucepan over low heat until heated through, about 5 minutes; keep warm on very low heat.
- 5 Once the pasta is cooked, add the vodka sauce to the sauté pan with the turnips and cook over medium heat until just beginning to steam in the pan. Add the spinach and stir; cooking for a minute or two to wilt. Add cooked pasta to the sauté pan with the sauce and spinach.
- 6 Add some of the cooking water to loosen the thick tomato sauce. Cook, stirring often, until the sauce coats the noodles and the noodles are now clearly al dente, about 5 minutes. Check seasoning and adjust with more salt and pepper, as desired. The sauce should glossily coat the noodles; add more pasta water if the sauce looks dry.
- 7 Plate the rigatoni a la vodka, place the warm herbed white beans on top and dollop on the herbed ricotta. Enjoy!

Herbed White Beans: White bean, red wine vinegar, dill, parsley, thyme, chives, red pepper flake, salt **Sal's Rigatoni:** Semolina, water **Vodka Sauce:** Tomato, onion, red onion, tomato paste, heavy cream, vodka, garlic, olive oil, red chile flake, salt, white wine vinegar, pepper **Herbed Ricotta:** Ricotta (whole milk, whey, vinegar, salt), lemon juice, dill, parsley, chives, thyme, salt **Vegetable Bag:** Spinach, turnip

Contains: Alcohol, wheat, milk

② READY-TO-EAT

panzanella salad

Preheat oven (or toaster oven) to 300°F. Place sourdough croutons on a baking sheet, with the mushrooms alongside, and reheat for about 5 minutes until warm and crunchy/crispy.

Meanwhile, snap the tough ends of your asparagus and cut the asparagus on the bias into very thin slices (about 1/8" thick), leaving the tips intact.

In a large bowl, toss the heated sourdough croutons and mushrooms, sliced asparagus and the other salad toppings. Drizzle with half of the vinaigrette; stir to combine. Toss gently, then add the mixed greens. Taste and adjust the seasonings, adding more vinaigrette, salt and pepper as desired. Plate the panzanella and enjoy!

Croutons: MSCo sourdough (flour, water, salt), olive oil, salt, pepper **Vinaigrette:** Canola oil, lemon juice, olive oil, apple cider vinegar, white wine vinegar, dill, Dijon mustard, shallots, garlic, sugar, salt **Salad Toppings:** Chickpea, artichoke, mozzarella (pasteurized milk, culture, salt, enzymes) **Mushrooms:** Oyster mushroom, shiitake mushroom, black king trumpet mushroom, olive oil, salt

Contains: Wheat, milk, mushroom

③ FARM-TO-FREEZER

South African sweet potato peanut curry with 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