

PASTURE AND PLENTY

MAY 18, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a great week ahead! We have: a Spring-themed, hearty beans on toast dinner with creamy ricotta, chimichurri, tender white beans, and farm-fresh asparagus over toasted Madison Sourdough seed & grain bread; a rich, creamy and flavor-packed Jamaican stew with red kidney beans, coconut milk, scallion, garlic, thyme, and habañero with rice and vinegary cucumber cabbage salad; and last (but never least), our fave South African peanut curry!



**ricotta toast with chimichurri
white beans and asparagus**



**Jamaican stew peas
with rice and vinegary cucumber
cabbage salad**



**South African sweet potato
peanut curry over brown rice**



PRODUCER SPOTLIGHT

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

Driftless Organics

J&S Organic Asparagus Farm

Troy Farm

Flyte Family Farm

BelGioioso Cheese

Madison Sourdough Co.

Lovefood Farm

Saffi Saana

EXTRA GOODNESS **peanut butter 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

ricotta toast with chimichurri white beans and asparagus

PREP & COOK TIME

45
MINUTES

IN YOUR BAG

MSCo Seed & Grain Boule

Ricotta

Chimichurri

White Beans

Vegetable Bag

PAIR WITH

the rich and flinty Iconic Sidekick Chardonnay or

the refreshing Commuter Kölsch from One Barrel Brewing Co.

- 1 Get your prep on! Snap the ends off of your asparagus and cut on an angle into bite-sized pieces. Slice your seed & grain boule. Trim your radish and slice as thinly as possible.
- 2 In a large skillet, heat a splash of olive oil over medium heat. Add the asparagus, season with salt and cook, stirring frequently, until just tender-crisp, about 5 minutes.
- 3 Strain the white beans and add to the skillet with the asparagus. Cook until just warmed through, about 2 to 3 minutes. Remove from the heat and stir in about half of the chimichurri sauce.
- 4 Toast your seed & grain bread slices.
- 5 Evenly spread ricotta on each side of your toast. Divide the bean mixture between the pieces of bread, spooning it over the ricotta. Drizzle the remainder of your chimichurri over the beans, top with the thinly sliced radishes, sprinkle with a bit of flaky salt, and serve immediately. We recommend a fork and knife, y'all! It gets messy in the best way possible.

MSCo Seed & Grain Boule: Flour, water, salt, steel cut oats, sunflower seeds, sesame seeds, flax seeds **Ricotta:** Ricotta (pasteurized whey, cream, milk, vinegar, salt), lemon zest, red wine vinegar, salt. **Chimichurri:** Canola oil, cilantro, parsley, oregano, shallot, garlic, red wine vinegar, lime juice, salt, pepper, red chile flake **White Beans:** White bean, chive, parsley, dill, red chile flake, salt **Vegetable Bag:** Asparagus, radish

Contains: Milk, wheat, sesame

② READY-TO-EAT

Jamaican stew peas with rice and vinegary cucumber cabbage salad

Heat Jamaican stew peas and rice in separate sauce pans over medium-low heat until hot, adding a splash of water if needed and stirring occasionally, for about 6 to 8 minutes. Give the vinegary cucumber cabbage salad a stir.

In low shallow bowls, place the salad to the left, the rice in the middle of the bowl, with the Jamaican stew peas to the right. And then dig in!

Jamaican Stew Peas: Red kidney beans, vegetable stock (water, onion, celery, carrot, garlic, peppercorn, bay leaf, chile de arbol, thyme), coconut milk, onion, scallion, thyme, fresno chile, lime, habañero chili, allspice, salt, pepper, cayenne **Rice:** Rice, water, salt **Salad:** Cabbage, cucumber, pickled red onions (red onion, apple cider vinegar, rice wine vinegar, distilled vinegar, sugar, salt)

Contains: Coconut

③ FARM-TO-FREEZER

South African sweet potato peanut curry over 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
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm **T-F** 9am-7pm
SAT 9am-2pm