

HOORAY, IT'S MONDAY!

We're loving this week's summery menu, and hope you do too! Get excited for: Knoche's signature brats topped with house-made beer mustard and Fizzleology sauerkraut piled on Clasen's buns with a classic potato salad on the side; gado gado, an Indonesian composed salad chock-full of potatoes, crispy tofu and crunchy veg, all topped with a peanut satay sauce; and then our fan-favorite smothered burritos with beef barbacoa and roasted chile chipotle sauce!



knoche's brats with classic potato salad, fizzleology sauerkraut & house-made beer mustard



gado gado with crispy tofu and peanut satay sauce



smothered beef barbacoa burritos with roasted chile chipotle sauce



PRODUCER SPOTLIGHT

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

Knoche's Quality Meats

Clasen's European Bakery

Fizzleology

Driftless Organics

Winterfell Acres

Hook's Cheese

Flyte Family Farm

Saffi Saana

EXTRA GOODNESS

puppy chow

Instructions: Store at room temperature for up to one week or in the freezer for up to one month. Enjoy!

Ingredients: Rice chex, semi-sweet chocolate, peanut butter, butter, powdered sugar, vanilla extract, salt.

Contains: Milk, 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

knoche's brats with classic potato salad, fizzleology sauerkraut & house-made beer mustard

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Knoche's
Signature
Bratwurst

Clasen's Rolls

P&P Beer
Mustard

Fizzleology
Bavarian
Sauerkraut

Potato Salad

PAIR WITH

the
refreshing and
juicy Climate
Crush Hazy
Session IPA
from Delta
Beer Lab
(because
nothing goes
better with a
classic brat)

- 1 Preheat grill for medium heat. Alternatively, heat oil in a heavy bottomed skillet over medium high heat until shimmering.
- 2 Grill or sear brats in pan until deeply colored on all sides, flipping as needed. Cook the brat until the internal temperature reads 160°F on an instant-read thermometer. Meanwhile, slice and toast bun over grill or in the same pan.
- 3 Assemble brats and buns, then top with mustard and sauerkraut. Serve potato salad alongside brats and dig in!

Knoche's Brats: Pork, beef, salt, spices (pepper, coriander, nutmeg, onion powder, ginger, sugar), hog casing **Clasen's Rolls:** Unbleached flour, filtered water, yeast, sea salt **P&P Beer Mustard:** Yellow mustard seed, brown mustard seed, beer, honey, brown sugar, garlic powder, turmeric, allspice, salt, thyme, pepper **Fizzleology Bavarian Sauerkraut:** Cabbage, filtered water, redmond's real salt, caraway, juniper **Potato Salad:** Yellow potato, celery, cornichon, mayonnaise, lemon, cider vinegar, mustard, salt, dill, parsley, pepper

Contains: Pork, beef, wheat, egg, alcohol

② READY-TO-EAT

gado gado with crispy tofu and peanut satay sauce

Heat a large frying pan over medium-high heat. When hot, drizzle with 1 to 2 tablespoons oil and add the tofu. Fry for around 5 minutes or until heated through and crispy, flipping occasionally. Alternatively, reheat the tofu in the microwave for about 30 seconds, stirring halfway through.

To serve, divide the asparagus and potatoes, raw vegetables and crispy tofu over several serving plates or assemble it all on one large serving platter. Drizzle each plate generously with the peanut sauce. Enjoy

Spiced Roasted Tofu: Tofu (Water, soybean, calcium sulfate, calcium chloride), cumin, garlic, onion, pasilla chile, ancho chile, guajillo chile, coriander, salt, pepper **Peanut Satay Sauce:** Peanut, water, shallot, garlic, soy sauce, rice vinegar, red curry paste (dried chile pepper, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, spices [coriander seeds, cumin, cardamom], citric acid), brown sugar, sriracha, salt **Green Beans & Potatoes:** Green beans, yellow potato, salt, pepper **Raw Vegetables:** Green cabbage, cucumber, bell pepper, red radish

Contains: Soy, peanut, wheat

③ FARM-TO-FREEZER

smothered beef barbacoa burritos with roasted chile chipotle sauce

See label for instructions and ingredients.

Keep the contents of your meal kit bag refrigerated unless otherwise specified.



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** 9am-7pm
SAT 9am-2pm