

DATE: MAY 26, 2020 | OMNIVORE

HOORAY, IT'S MONDAY!

Gosh, are we excited about this week's meal kit. With kabobs that can go to the grill, if cooking al fresco is your thing, and more tasty meals that are fun, fast to make and chock full of local Spring veggies, you can make the most of the lingering evening light. Because, we know that after a 3-day weekend, the rest of the week runs too quickly away.

**herb marinated
chicken kabobs**
with chimichurri and
Spring vegetable couscous salad

pork dan dan noodles
with roasted peanuts, scallions
and bok choy

farro risotto
with gigante beans,
asparagus and walnuts

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

Enos Farms
Elderberry Hill Farms
Winterfell Acres
Marshview Farms
Meadowlark Organics
Garden To Be

EXTRA GOODNESS

**chocolate cheesecake
with chocolate cookie
crumble**

keep refrigerated

Ingredients: Cheesecake (cream cheese, semisweet chocolate, powdered sugar, sour cream, vanilla extract.) Chocolate Cookie Crumble (butter, all purpose flour, brown sugar, semisweet chocolate, sugar, cocoa powder, vanilla extract, baking soda, salt.)

Contains: Wheat, milk.

① THE COOK KIT

herb marinated chicken kabobs

with chimichurri and Spring vegetable couscous

PREP &
COOK TIME

40

MINUTES

IN YOUR BAG

Herb Marinated

Chicken

Chimichurri

Couscous

Asparagus

Radish

Skewers

PAIR WITH

a light bodied

red or ale like

Folk Machine

Pinot Noir

or

Three Floyds

Gumball Head

Wheat Beer

- 1 Preheat your grill for medium-high heat. Meanwhile, soak your skewers in cold water for 10 min to keep them from charring. A grill pan would be great to use for the asparagus and radishes. Or, heat a saute or grill pan on your stovetop.
- 2 Wash produce. Trim the ends and slice radishes in half, snap the woody ends off your asparagus. Toss both in a tablespoon of olive oil, season with salt and pepper.
- 3 Cut chicken into one-inch pieces. Thread them onto your skewer(s).
- 4 Grill chicken, skin side down, until the chicken has nice grill marks, and begins to release from the grates, about 3 min. Flip and continue to cook until you have nice grill marks, flipping every 2 minutes, until done and chicken temperature reaches 165 degrees in the middle of the biggest piece, about 12 minutes total. Remove and cover to hold warm.
- 5 After the chicken has been on for 6 minutes, put your asparagus and radish on the grill (or grill pan) until well charred, about 4 minutes.
- 6 Microwave or reheat couscous with a splash of water on the stove, until warm. Chop grilled vegetables and mix into warm couscous.
- 7 Portion couscous salad onto plates, top with a chicken kabob and chimichurri.

Herb Marinated Chicken: Chicken, olive oil, garlic, thyme, chives, rosemary, chile flake, lemon zest, pepper

Chimichurri: Olive oil, parsley, cilantro, jalapeño, chives, red wine vinegar, red pepper flake, salt, pepper

Couscous: Couscous, water, olive oil, red wine vinegar, salt, pepper. **Asparagus. Radish.**

Contains: Wheat.

② READY-TO-EAT

pork dan dan noodles

with roasted peanuts, scallions and baby bok choy

Prepare noodles according to instructions on package. Drain.

Warm Dan Dan sauce in a microwave safe dish or on the stove over medium heat.

While noodles and sauce warm, wash and trim the ends of the scallions and bok choy. Cut bok choy in half lengthwise, and into half inch slices. Thinly slice the scallions. Set aside.

Heat saute pan over medium-high heat with a tablespoon of oil.

Gently place noodles in hot pan; sear for 30 seconds. Pour in half of the dan dan sauce. Stir to combine. Add the baby bok choy, cook and gently stir until wilted.

Plate the noodles with remaining sauce, top with scallions and peanuts.

Pork Dan Dan Sauce: pork, pickled mustard greens(mustard greens, water, sugar, salt, MSG, artificial color), chili oil, ginger, chinkiang vinegar, soy sauce(Water, Wheat, Soybeans, Salt Sodium Benzoate; less than 1/10 of 1% as a preservative), sugar, garlic.

Noodles: See package for ingredients.

Roasted Peanuts: peanuts, salt, olive oil

Scallions

Baby Bok Choy

Contains Wheat, soy, nuts.

③ FARM-TO-FREEZER

farro risotto with gigante beans, asparagus and walnuts

See label for reheating instructions and ingredients

GET IN TOUCH

2433 University Avenue

608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm

SAT 9am-1pm