

HOORAY, IT'S MONDAY!

Welcome to summer, Friends. We have some bright and tasty meals to help you weather the storms of the week, and hope you were able to soak in enough Sunday sun to make it through. We can't get enough of the Spring radishes, peas and greens coming in from the farms. Aren't the gem lettuces from Farmer Beth just the cutest?!



white fish cake
with farro salad
and citrus vinaigrette



beet poke
with rice and gem lettuce



chicken tetrazzini
with mushrooms and Spring peas



PRODUCER SPOTLIGHT

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

- Meadowlark Organics
- Elderberry Hill Farms
- Garden To Be
- JenEhr Farms
- Vitruvian Farms
- Crossroads Community Farm
- Lovefood Farm

EXTRA GOODNESS salted chocolate panna cotta

Ingredients: Cream, chocolate, sugar, gelatin, salt

Contains: 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

white fish cakes

with farro salad and citrus vinaigrette

PREP &
COOK TIME

15
MINUTES

IN YOUR BAG

White Fish Cake

Farro Salad

Citrus Vinaigrette

Turnip Pureé

PAIR WITH

the citrusy pop of
The Desperada
Fragment
Sauvignon Blancis
or if you're up for
a beer, try
Ale Asylum's
Ambergeddon
Amber Ale -
balanced, with a
light fruitiness.

- 1 Form fish cakes into patties; season with salt and pepper.
- 2 Heat a teaspoon of olive oil in a skillet on medium high heat. Place fish cakes in a single layer in the pan; sear until lightly browned on both sides and warmed through, about 2-3 minutes per side (fish is already cooked, so you are just bringing it up to temperature).
- 3 Reheat the turnip apple pureé gently in the microwave or on the stovetop.
- 4 Serve the whitefish cakes on the radish salad, drizzled with citrus vinaigrette and the pureé on the side.

White Fish Cake: White fish, zucchini, squash, corn, onions, red bell peppers, panko, mayo, mustard, scallions, garlic, salt, pepper, spices.

Farro Salad: Farro, mixed radish, scallion, peas, vegetable stock, kale, feta, seasonings, salt.

Citrus Vin: Canola oil, shallots, lemons, oranges, limes, mustard, apple cider vinegar, salt, pepper.

Turnip Apple Brown Butter Pureé: Turnip, apple, cream, butter, thyme, salt, pepper, red wine vinegar.

Contains: Wheat, egg, milk.

② READY-TO-EAT

beet poke

with rice and gem lettuce

Cut the core out of the gem lettuce, wash tear into bite size pieces.

Reheat the rice in microwave or on the stovetop, over medium heat.

Stir beet poke to redistribute the dressing. Serve warm rice with the chilled beet poke and gem lettuce.

Beet Poke: Beet, sweet onion, scallion, ginger, jalapeño, soy sauce (soy bean, wheat, water), sesame oil, sesame seed, cilantro, togarashi (chile de árbol, sesame seed, orange, ginger, garlic, nori), lime.

Rice: Rice, vinegar, salt.

Gem Lettuce

Contains Soy.

③ FARM-TO-FREEZER

chicken tetrazzini with mushrooms and Spring peas

See label for reheating instructions and ingredients



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, 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-1pm