

PASTURE AND PLENTY

DATE: AUGUST 3, 2020 | OMNIVORE

HOORAY, IT'S MONDAY!

Summertime and the living is easy with this week's menu. Toothsome RP's Pasta, redolent with summer herbs and veggies, is simply cooked, but has loads of flavor. Smooth, fresh, split pea and cauliflower soup with a cooling yogurt sauce, topped with the perfect crunch from spiced pepitas, just needs a quick reheat. And that savory, umami-laden Feijoada just needs to be popped in the oven. This week is easy (delicious) street.



fusilli with pesto, cherry tomatoes, summer squash, and herbed chicken



split pea and curried cauliflower soup with spiced pepitas and yogurt sauce



feijoada
Brazilian pork black bean stew over rice with kale



PRODUCER SPOTLIGHT

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

Elderberry Hill Farms

Vitruvian Farms

RP's Pasta

Sartori Cheese

Crossroads Community Farm

Marr's Valley View Farm

Jones Dairy Farm

Madison Sourdough Co.

EXTRA GOODNESS

blueberry muffins

Ingredients: AP flour, Greek yogurt (skim milk, cream, milk protein concentrate, pectin, enzymes, live active cultures), blueberry, sugar, oil, egg, baking powder, baking soda, salt.

Contains: Milk, egg, wheat.

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

fusilli with pesto, cherry tomatoes, summer squash and herbed chicken

PREP & COOK TIME

15
MINUTES

IN YOUR BAG

RP's Pasta Fusilli

Pesto

Cherry Tomatoes

Summer Squash

Sarvecchio

Herbed Chicken

PAIR WITH

an earthy Lioco Chardonnay or a light Italian Pilsner from Working Draft Beer Co.

- 1 Preheat oven to 425 degrees F. Put chicken on a sheet tray and roast until beginning to brown and has an internal temperature of 165 degrees F. Set aside to cool slightly.
- 2 Bring a large pot of salted water - salty like the sea - to a boil over high heat. Wash squash and tomatoes.
- 3 Slice tomatoes in half, slice squash lengthwise then into bite-sized pieces.
- 4 Heat a splash of olive oil in a saute pan, large enough for all your ingredients.
- 5 When oil is hot, carefully place squash in pan. Cook on one side until browned, toss, then add tomatoes and chicken. Cook until tomatoes begin to break down.
- 6 While cooking vegetables drop fusilli in boiling water and cook until tender with a bite, about 3 minutes. Once drained, add pasta and pesto to the saute pan. Saute until everything is combined.
- 7 Divide fusilli mixture onto individual serving plates; top with sarvecchio. Enjoy!

RP's Pasta Fusilli: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt.

Pesto: Sunflower oil, olive oil, arugula, basil, pepita, garlic, red pepper flake, red wine vinegar, salt, pepper.

Cherry Tomatoes and Summer Squash

Sarvecchio: Pastuerized cow's milk, cheese cultures, salt, enzymes.

Herbed Chicken: Chicken, thyme, rosemary, chive, parsley, garlic, salt, lemon, red pepper flake.

Contains: Wheat, milk, egg,

② READY-TO-EAT

split pea and curried cauliflower soup

with spiced pepitas and yogurt sauce

Reheat soup over medium heat, stirring to prevent scorching, until hot 6-8 minutes.

Portion soup into bowls, garnish with pepitas and a dollop of yogurt sauce. Enjoy.

Split Pea and Curried Cauliflower Soup:

Yellow split pea, cauliflower, onion, garlic, carrot, celery, lemongrass, red chili paste, vegetable stock, coconut milk, ginger, lime juice, spices.

Spiced Pepitas: Pepita, olive oil, garlic powder, onion powder, cumin, paprika, salt, pepper.

Yogurt Sauce: Greek yogurt ((skim milk, cream, milk protein concentrate, pectin, enzymes, live active cultures), mayo (canola oil, egg, red wine vinegar, Dijon mustard, salt), sugar, white vinegar, lemon juice, herbs, salt, pepper.

Contains: Milk, egg.

③ FARM-TO-FREEZER

feijoada Brazilian pork black bean stew over rice with kale

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
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm