

PASTURE AND PLENTY

DATE: AUGUST 31, 2020 | OMNIVORE

HOORAY, IT'S MONDAY!

Sweet corn strikes again! The corn and bell pepper relish is a fresh and crisp summery treat with your Coriander Crusted Salmon. The Dal Makhani, a classic Indian lentil dish with gently warming (but not hot) garam masala, is sure to be a new favorite. And, since we all need a bit of comfort food these days, Bolognese Sauce is here to help.



coriander crusted salmon
with quinoa vegetable salad and baby
bell pepper corn relish



dal makhani
with brown butter yogurt sauce, garlic
naan, and coconut cilantro basmati
rice



rp's pasta
with bolognese sauce



PRODUCER SPOTLIGHT

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

Bering County

Vitruvian Farms

Elderbery Hill Farm

Raleigh's Hillside Farm

Enos Farms

Sartori Cheese

RP's Pasta

EXTRA GOODNESS

blueberry rhubarb oat bar

Ingredients: Crust (brown sugar, oat, ap flour, vanilla, baking soda, salt), blueberry rhubarb compote (blueberry, rhubarb, ginger, cinnamon, sugar, lemon juice, butter).

Contains: Milk, wheat, cinnamon.

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

coriander crusted salmon

with quinoa vegetable salad and baby bell pepper corn relish

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Bering Bounty

Salmon

Dry Rub

Bell Peppers,

Corn, Onion

Corn Relish

Seasoning

Quinoa Vegetable

Salad

PAIR WITH

a fruity red, like El

Jefe Tempranillo,

or a light lager,

such as the Good

City Pils from

Good City Brew-

ing Co.

- 1 Preheat oven to 400°F or grill to medium-high heat.
- 2 Rub flesh side of salmon with olive oil and then salmon rub. You want the spices to adhere to the fish. Place frozen salmon skin side down on a greased baking sheet or foil/grill pan.
- 3 Roast salmon in the preheated oven or grill for 10 minutes. Turn oven temperature down to 325°F or grill to medium heat. Roast for another 8-15 minutes until the tail or belly begin to crack slightly - flesh should flake gently away and be slightly translucent at the skin of the thickest point.
- 4 While salmon is roasting or grilling, shuck and remove corn kernels from the cob. Peel your onion, wash the baby bell peppers and dice the peppers and onion roughly the same size as the corn.
- 5 Heat quinoa salad in a sauce pot with a 1/4 cup of water stirring gently to prevent sticking. Preheat a saute pan over medium high heat.
- 6 When saute pan is hot, add veggies all at once. Let cook for 1-2 minutes without moving to lightly char them. Give them a toss and continue to cook until done.
- 7 Take corn salsa off the heat add the corn salsa seasoning. Divide quinoa salad onto plates, top with salmon and finally the corn salsa. Enjoy!

Bering Bounty Salmon

Dry Rub: Coriander, paprika, lemon, salt, sugar, black pepper, cayenne.

Bell Peppers, Corn, Onion

Corn Relish Seasoning: Cider vinegar, sugar, Dijon mustard, salt.

Quinoa Vegetable Salad: Red quinoa, white quinoa, carrot, purple kale, scallion, red onion, whole grain mustard, red wine vinegar, salt, pepper.

② READY-TO-EAT

dal makhani

with brown butter yogurt sauce, garlic naan, and coconut cilantro basmati rice

Heat dal in a sauce pot with a 1/4 cup of water, stirring often. While dal is warming, reheat rice in a sauce pot with 3 tbl of water for 2-3 minutes. Fluffing as necessary. Naan can be reheated in a preheated 400°F oven for 2-3 minutes. Divide rice into bowls, ladle dal on top of rice and garnish with yogurt sauce. Serve with naan, enjoy.

Dal Makhani: Lentil, small red bean, white onion, garlic, ginger, tomato, chili powder, garam masala, water, cream, salt, sugar.

Brown Butter Yogurt Sauce: Greek yogurt (milk, milk protein, enzymes, cultures), butter, ginger, garlic, shallot, salt.

Garlic Naan: Wheat flour, milk, garlic, water, sunflower oil, sugar, salt, sodium bicarbonate, coriander leaves, yeast.

Coconut Cilantro Basmati Rice: Basmati rice, coconut milk, water, cilantro, salt.

Contains: Wheat, milk.

③ FARM-TO-FREEZER

rp's pasta with bolognese sauce

Defrost sauce overnight in the refrigerator. Bring a pot of water to a boil and season with salt (you want it to be salty like the sea). Gently loosen pasta, then cook for 2-3 minutes for al dente. Reheat the Bolognese in a saucepan or in the microwave until heated through. When pasta is done, drain and toss with the sauce. Divide pasta onto plates and top with herb and cheese blend. Enjoy!

See label for 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