

PASTURE AND PLENTY

DATE: SEPTEMBER 14, 2020 | OMNIVORE

HOORAY, IT'S MONDAY!

While the cool rainy weather and chili was a fun treat last week, we're more than ready for just a bit more warmth going forward. And some great shoulder season meals to go with it! Think puttanesca with juicy late-summer, slow-roasted cherry tomatoes, briny olives and capers, and sweet garlic. Or a warming Chickpea Coconut Cashew Curry. And a last-gasp of summer treat: Sweet Corn Chowder with new potatoes. We're ready.



RP's fusilli with roasted cherry tomato puttanesca and herb-marinated chicken breast



chickpea coconut cashew curry with basmati rice and cilantro yogurt sauce



sweet corn bacon chowder



PRODUCER SPOTLIGHT

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

RP'S Pasta

Raleigh's Hillside Farm

Elderbery Hill Farm

Winterfell Acres

Crossroads Community Farm

Sartori Cheese

Alsum Sweet Corn

Marr's Valley View Farm

EXTRA GOODNESS

chocolate zucchini cake

Ingredients: Cake (ap flour, cocoa powder, baking soda, baking powder, espresso powder, salt, vegetable oil, sugar, brown sugar, egg, greek yogurt [milk, cream, whey protein concentrate, live active yogurt cultures, vitamin A, vitamin D3], vanilla extract, chocolate chip), syrup (coffee, sugar), ganache (butter, powdered sugar, cocoa powder, heavy cream, salt, vanilla extract).

Contains: Milk, wheat, egg.

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

RP's fusilli with roasted cherry tomato puttanesca and herb-marinated chicken breast

PREP & COOK TIME

25 MINUTES

IN YOUR BAG

RP's Fusilli

Roasted Cherry Tomato Puttanesca

Sarvecchio & Herbs

Spinach

Herb-Marinated Chicken Breast

Pair with the rich Masciarelli Montepulciano d'Abruzzo or try with the refreshing Commuter Kolsch from One Barrel Brewing Co.

- 1 Bring a pot of salted water to a boil over high heat. Heat heavy bottom skillet over medium flame until hot.
- 2 Add a splash of olive oil to the skillet then your chicken breast. Cook until browned 4-5 minutes, flip and continue cooking 4-5 minutes until it reaches an internal temp of 165 degrees F. Remove from pan and let rest.
- 3 Drop pasta into boiling water and cook 2-3 minutes. While the pasta is cooking reheat the puttanesca sauce in a large saute pan, until simmering.
- 4 When the pasta is al dente, drain it while reserving a small amount of the starchy pasta water.
- 5 Add the pasta to the saute pan with the sauce, toss to cover the noodles. If needed, add reserved pasta water a little at a time until sauce reaches preferred consistency.
- 5 Add spinach and stir to wilt, about a minute. Divide onto plates, sprinkle with herb sarvecchio blend and serve with chicken breast. Enjoy!

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

Roasted Cherry Tomato Puttanesca: Cherry tomato, red onion, garlic, caper, black olive, red chile flake, parsley, chive, thyme, salt, pepper.

Sarvecchio & Herbs: Milk, cheese cultures, salt, enzymes, parsley, thyme, chive, rosemary.

Spinach

Herb-Marinated Chicken Breast: Chicken, garlic, chive, parsley, thyme, rosemary, red chile flake, lemon, salt, peppe

Contains: Wheat, egg, milk.

② READY-TO-EAT

chickpea coconut cashew curry with basmati rice and cilantro yogurt sauce

Heat curry and rice in seperate saucepans over medium-high heat, adding up to 1/2 cup water as needed to thin, until hot, about 6 minutes. Alternately, heat curry and rice in microwave on High, adding water if needed, until hot, stirring every minute or so, about 3 minutes.

Divide rice onto plates, top with curry. Serve with cilantro yogurt sauce, enjoy!

Chickpea Coconut Cashew Curry: Onion, chickpea, garlic, ginger, thai chile, cashew nut, coconut milk, chard, green bean, sweet potato, lime, cilantro, cumin, coriander, star anise, clove, pepper, cinnamon, nutmeg, turmeric, cardamom.

Basmati Rice: Basmati rice, water, bay leaf, chile de arbol, garlic, salt, pepper.

Cilantro Yogurt Sauce: Greek yogurt (milk, cream, whey protein concentrate, live active yogurt cultures, vitamin A, vitamin D3), heavy cream, lemon juice, cilantro, coriander, salt.

Contains: Nuts, milk, cinnamon/nutmeg, coconut

③ FARM-TO-FREEZER

sweet corn bacon chowder

See label for ingredients and reheating instructions.



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