

PASTURE AND PLENTY

DATE: JANUARY 11, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

Welcome to a bright new week, meal kit friends! We're cooking up some healthy treats for you this January, and hope you enjoy. Bite in to an omega-3 rich wild-caught salmon burger, with veggies galore. Slurp up a brothy and restorative chicken soup, with vibrant citrus notes. And tuck into a chickpea curry, rich with warming spices, with brown rice. Then, indulge in a little extra goodness, a bright lemon mousse. Here's to a great week, ya'll!

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salmon burger with remoulade,
winter slaw and charred carrot kale
quinoa salad

.....



Yucatán chicken soup with
tortilla strips and pickled red onion

.....



**chickpea coconut cashew
curry** over brown rice



PRODUCER SPOTLIGHT

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

Sitka Salmon
Madison Sourdough Co.
Elderberry Hill Farm
Gentle Breeze Honey
Sassy Cow Creamery
Vitruvian Farm

EXTRA GOODNESS

lemon mousse

Store in the refrigerator. Enjoy within 5 days.

Ingredients: Lemon juice, lemon zest, cream cheese, sugar, cream, vanilla, salt.

Contains: Dairy.

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

salmon burger

with remoulade, winter slaw and charred carrot kale quinoa salad

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Salmon Burger
Mix

Remoulade

Cabbage Fennel
Celeriac Slaw

Charred Carrot
Kale Quinoa Salad

MSCo Brioche
Bun

Pair with a light
and lively Folk
Machine Pinot
Noir or a fruity
and cloudy Pale
Weizenbock from
Giant Jones

- 1 Form salmon burger mix into desired number of patties. Heat skillet over medium heat for a minute or two, then swirl in a small amount of olive oil.
- 2 Place burgers in skillet; cook until browned on one side, about 4 minutes. Turn burger over; cook until internal temperature reaches 145°F, about 3 minutes more.
- 3 Meanwhile, toast brioche bun in a toaster or under the broiler until lightly browned. Place burger on bottom bun, followed by slaw, remoulade and top bun.
- 4 Serve with quinoa salad, remaining slaw and remoulade. Enjoy!

Salmon Burger Mix: Salmon, garlic, ginger, scallion, mustard, panko, mayonnaise, chive, tarragon, salt, red wine vinegar.

Remoulade: Sunflower oil, egg, red wine vinegar, Dijon mustard, salt, pepper, caper, cornichon, parsley, lemon juice, horseradish, pepper.

Cabbage Fennel Celeriac Slaw: Green cabbage, celeriac, fennel, olive oil, lemon, salt, pepper.

Charred Carrot Kale Quinoa Salad: Quinoa, carrot, kale, queso fresco (milk, salt, enzymes), scallion, red wine vinegar, honey, olive oil, salt, pepper.

MSCo Brioche Bun: AP flour, butter, sugar, egg, milk powder, yeast, salt.

Contains: Dairy, fish, honey, raw allium, egg, wheat.

② READY-TO-EAT

Yucatán chicken soup

with tortilla strips and pickled red onion

Reheat soup in saucepan over medium heat, stirring occasionally, until hot, about 6 minutes.

Divide soup into bowls, top with tortilla strips and pickled onion. Dig in!

Yucatan Chicken Soup: Chicken stock, chicken, onion, celery, carrot, tomato, green bell pepper, garlic, lime, grapefruit, oregano, cinnamon, allspice, clove, bay leaf, cilantro, salt, pepper.

Tortilla Strips: Corn, water, salt, lime, canola oil.

Yucatan-style Pickled Red Onion: Red onion, grapefruit, orange, lime, salt, peppercorn, allspice, bay leaf.

Contains: Cinnamon, raw allium.

③ FARM-TO-FREEZER

chickpea coconut cashew curry over brown rice

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