

PASTURE AND PLENTY

DATE: MARCH 8, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

Dare we say it, this menu feels perfect for the season. Full of fresh flavors, seasonal veggies, and comfort for cold days. Hearty Chili and tender Cornbread. Creamy, but veg-heavy, Mac and Cheese. Savory lentils and roasted root vegetables with seared Salmon or Cauliflower, for something on the lighter side. And a fun treat: Chia Pudding. We're ready for the week!



PRODUCER SPOTLIGHT

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

Bering Bounty

Driftless Organics

JenEhr Family Farms

Arndt Farms

Meadowlark Organics



**coriander-crusted
Bering Bounty salmon**
with green lentils and roasted root
vegetables



beef & three bean chili
with cornbread kit



P&P house mac and cheese
with roasted vegetables

EXTRA GOODNESS

**chia pudding
with toasted coconut**

Keep refrigerated and enjoy within 7 days.

Ingredients: Chia seeds, coconut milk, maple syrup, shredded coconut, salt.

Contains: Coconut.

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 Bering Bounty Salmon

with green lentils and roasted root vegetables

PREP &
COOK TIME

30

MINUTES

IN YOUR BAG

Bering Bounty
Salmon

Spice Mix

Green Lentils

Root Vegetables

Pair with the
aromatic and floral
Királyudvar Tokaji
Furmint Sec
or
the crisp and light
Blighty Chap
British-style Lager
from
Working Draft

- 1 Preheat oven to 400°F.
- 2 Rub flesh side of frozen salmon with olive oil and then the spice mix; you want the spices to adhere to the fish. Place frozen salmon skin-side down on a greased baking sheet.
- 3 Roast salmon in the preheated oven for 10 minutes. Turn oven temperature down to 325°F and add root vegetables to roasting pan. Roast for another 8 to 15 minutes until the tail or belly begins to crack slightly - flesh should flake gently away & be slightly translucent at the skin of the thickest point.
- 4 Heat sauté pan over medium heat. Add lentils and up to a 1/4 cup water.
- 5 Heat and stir lentils until they are hot and water has been mostly absorbed. If desired, stir in 1/2 tablespoon butter until melted and fully incorporated.
- 6 Divide lentils onto plates, top with roasted root vegetables and salmon fillets.

Spice Mix: Coriander, paprika, lemon, salt, sugar, black pepper, cayenne.

Green Lentils: French green lentil, vegetable stock, onion, carrot, celery, garlic, thyme, bay leaf, chile de arbol, salt, pepper.

Root Vegetables: Carrot, celeriac, purple daikon, black radish, beauty heart radish.

Bering Bounty Salmon

Contains: Fish, bean/lentil.

② READY-TO-EAT

beef & three bean chili with cornbread kit

Place cast iron skillet on the center rack of cold oven. Or, for corn muffins, grease 6 muffin cups. Preheat oven to 400°F.

Whisk dry and wet mixes together until batter is smooth.

Carefully remove skillet from the oven. Grease the bottom and edges, then pour batter into hot pan. Bake until edges are golden brown and toothpick comes out clean, 12-16 min. For muffins, fill cups 1/2 full. Bake until edges are golden brown and a toothpick comes out clean, 15-20 min. While cornbread bakes, heat chili in saucepan over medium heat, stirring occasionally, until hot, about 8 min.

Beef Three Bean Chili: Beef, tomato, kidney bean, gigante bean, black bean, vegetable stock, onion, red bell pepper, green bell pepper, poblano pepper, sherry vinegar, garlic, guajillo chile, ancho chile, pasilla chile, coffee, dark chocolate, scallion, cilantro, cumin, coriander, paprika, chili powder, salt, pepper.

Grilled Scallion Sour Cream: Cultured cream, cream, scallion, red wine vinegar, salt, pepper.

Dry Cornbread Mix: AP flour, cornmeal, sugar, baking powder, salt.

Wet Cornbread Mix: Egg, milk, vegetable oil.

Contains: Beef, bean/lentil, wheat, dairy, egg.

③ FARM-TO-FREEZER

P&P house mac and cheese with roasted vegetables

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
608.665.3770 • pastureandplenty.com

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