

# PASTURE AND PLENTY

DATE: MARCH 29, 2021 | OMNIVORE

## HOORAY, IT'S MONDAY!

Blustery days and changing temps abound, but this week's menu should have you covered! A light and tangy vinaigrette brightens wintery roasted root vegetables right up to bring spring in. But if you need some warming, dig into the Somali Soup and green chile HOT sauce, and you'll be all set. And, hey, our fried rice is good anytime, right friends? Enjoy!



### PRODUCER SPOTLIGHT

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

Driftless Organics  
Winterfell Acres  
Sassy Cow Creamery  
JenEhr Family Farm  
Marr's Valley View Farm



**roasted root vegetable salad**  
with quinoa, herbed ricotta  
and pistachio vinaigrette



**Somali chicken soup**  
with green chile hot sauce, radish  
and cabbage



**P&P fried rice**  
with bacon lardons

### EXTRA GOODNESS Morroccan peanut cookies

Store at room temperature for up to 7 days.

Ingredients: Peanut, sugar, egg, cinnamon, ginger, baking powder.

Contains: Peanut, egg, 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

## roasted root vegetable salad

with quinoa, herbed ricotta and pistachio vinaigrette

PREP &  
COOK TIME

20  
MINUTES

IN YOUR BAG  
Roasted Beets

Root Vegetables

Herbed Ricotta

Kale

Quinoa

Pistachio  
Vinaigrette

Pair with the  
smooth and  
brightly acidic  
Salcheto "Biskero"  
Chianti

or

with the malty  
Bière de Garde  
Ambrée Farm-  
house Ale from  
Giant Jones

- 1 Preheat oven to 400°F. Spread pre-roasted root vegetables and beets in one layer on a sheet tray. Roast until hot, about 5 to 7 minutes.
- 2 Strip kale from stem and rip into bite sized pieces. In a large bowl, toss kale, quinoa, beets and root vegetables with the vinaigrette, adding salt and pepper to taste.
- 3 Spread half the ricotta on a serving plate; place dressed salad on top. Top plated salad with remaining ricotta. Enjoy!

**Roasted Beets:** Red beet, golden beet, water, bay leaf, chile de arbol, red wine vinegar, salt, pepper.

**Roasted Root Vegetables:** Carrot, celeriac, kohlrabi, olive oil, salt, pepper.

**Herbed Ricotta:** Milk, heavy cream, buttermilk, parsley, thyme, rosemary, chive, salt, pepper.

**Quinoa:** Red quinoa, white quinoa, water, salt, bay leaf, chile de arbol, pepper.

**Pistachio Vinaigrette:** Sunflower oil, pistachio, white wine vinegar, caramelized shallot, honey, lemon, lime, orange, dijon mustard, salt, pepper.

**Kale**

*Contains: Dairy, tree nut, raw allium.*

② READY-TO-EAT

## Somali chicken soup

with green chile hot sauce,  
radish and cabbage

Warm soup over medium heat until hot, about 6 to 8 minutes, stirring occasionally.

Give radish a rinse and slice as thinly as desired.

Ladle soup into bowls and garnish with cabbage, radish and hot sauce (careful, it's \*spicy\*), as desired.

**Somali Chicken Soup:** Chicken stock, chicken, tomato, yellow squash, zucchini, onion, garlic, serrano, cilantro, coriander, cardamom, lime, canola oil, salt, pepper.

**Green Chili Hot Sauce:** Jalapeño, serrano, poblano, garlic, white vinegar, salt.

**Radish**

**Cabbage**

*Contains: Poultry.*

③ FARM-TO-FREEZER

## P&P fried rice

with bacon lardons

See label for ingredients and cooking 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](http://pastureandplenty.com)

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