

PASTURE AND PLENTY

DATE: APRIL 5, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

Next week is looking glorious and our first GRILL recipe for the season (Peruvian Sandwiches) should be just what is needed. Light those fires and get cooking, friends. Or, take it easy one night and just heat up some soup topped with our crispy, crunchy, herby croutons. Even easier? Pop the South African Curry, a member-fave, right in the oven. Let's dig in!



PRODUCER SPOTLIGHT

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

Madison Sourdough Co.

Sartori Cheese

Arndt Farms

Driftless Organics

JenEhr Family Farm

Alsum Sweet Corn



Peruvian chicken sandwich on ciabatta with three bean salad



quinoa cabbage soup with herbed croutons and sarvecchio



South African beef and peanut curry with brown rice

EXTRA GOODNESS chocolate mousse

Keep refrigerated, enjoy within 5 days.

Ingredients: Tofu, chocolate, maple syrup.

Contains: Soy, chocolate.

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

Peruvian chicken sandwich on ciabatta with three bean salad

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Chicken Breast

Marinade

Green Sauce

Ciabatta Bun

Three Bean Salad

Mixed Greens

Pair with the light
and crisp Bernard
Baudry Chinon
Rosé
or
with the crisp and
herbal To Those
Who Wait Pilsner
from Working
Draft

- 1 Remove chicken breasts and toss with marinade; place in fridge while grill preheats (or up to overnight).
- 2 Preheat grill for high heat and slice ciabatta buns.
- 3 Place chicken on preheated grill and let cook about 2 minutes. Rotate, but don't flip, and let cook an additional 2 minutes. Flip chicken and cook until just done, about 4 more minutes. To test for doneness, insert an instant read thermometer; it should read 165°F. Remove chicken from grill, let rest, and quickly toast buns.
- 4 To assemble sandwich: Spread green sauce on one half of buns, top with chicken, mixed greens and other bun. Give three bean salad a toss and portion onto plates. Dig in!

Chicken Breast

Marinade: Canola oil, garlic, salt, white vinegar, cumin, paprika, black pepper.

Green Sauce: Mayonnaise (sunflower oil, egg, red wine vinegar, dijon, salt, pepper), sour cream (cultured cream, salt), olive oil, lime, white vinegar, jalapeño, aji amarillo, cilantro, salt, pepper.

Ciabatta Bun: Flour, water, salt, yeast.

Three Bean Salad: White kidney bean, small red bean, flageolet bean, tomato, red onion, red wine vinegar, parsley, lime, salt, pepper.

Mixed Greens

Contains: Poultry, wheat, dairy, raw allium.

② READY-TO-EAT

quinoa cabbage soup with herbed croutons and sarvecchio

Heat soup in saucepan over medium heat until hot, stirring occasionally, about 6 to 8 minutes.

Divide soup into bowls, top with herbed croutons and shredded sarvecchio. Enjoy!

Farro Cabbage Soup: Vegetable stock, green cabbage, red cabbage, onion, farro, garlic, herbs, sherry vinegar, salt, pepper.

Herbed Croutons: Flour, water, salt, yeast, olive oil, thyme, rosemary, parsley, chives, dill, salt, pepper.

Sarvecchio: Milk, cultures, salt, enzymes.

Contains: Wheat, dairy.

③ FARM-TO-FREEZER

South African beef and peanut curry with brown rice

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

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