

PASTURE AND PLENTY

DATE: JUNE 1, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

It's an asparagus bonanza! With such a fleeting season, we just can't help putting this vegetable – one of our faves – into everything while we can. It's not in **every** meal (we do have some self control), but look for asparagus' distinctive earthy and complexly sweet, green goodness in both your lemon risotto and paneer masala! We hope you're as excited as we are.



PRODUCER SPOTLIGHT

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

Bering Bounty

Marshview Farms

Vitruvian Farms

Elderberry Hill Farm

Winterfell Acres

Raleigh's Hillside Farm

Crossroads Community Farm

Circadian Organics

EXTRA GOODNESS

strawbery rhubarb crisp

Top strawberry rhubarb filling with crisp topping. Bake in an oven pre-heated to 350°F for 40 to 50 minutes, until golden brown and bubbling. Store in refrigerator.

Ingredients: Strawberry, rhubarb, sugar, butter, oat, ap flour, lemon juice, cornstarch, sunflower oil, cinnamon, vanilla, salt

Contains: Wheat, dairy, cinnamon.



roasted salmon

with lemon risotto, asparagus and roasted shallot-garlic tarragon compound butter



buffalo chicken lettuce

wraps with slaw and house-made ranch dressing



paneer masala with asparagus, spinach and brown rice

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 salmon with lemon risotto, asparagus and roasted shallot-garlic tarragon compound butter

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Roasted Salmon (Keep Frozen)

Lemon Risotto

Asparagus

Roasted Shallot-Garlic

Tarragon Compound Butter

Pair Pair with the juicy and light Foradori Lezer (great with a slight chill) or with the easily quaffable Above Ground Pool Lager from Working Draft Beer Company

- 1 Preheat oven broiler to high. Snap woody ends off asparagus stalks. Toss in olive oil, salt and pepper, place in single layer on baking sheet.
- 2 To cook the salmon, pre-heat the frying pan with a layer of olive oil; when the pan is hot enough, the oil will begin to shimmer. Place salmon in hot pan, skin-side down and do not flip. Cover with lid and cook, about 12-15 minutes, or until the salmon begins to "crack" at the edges; remove from heat. Be sure fish is cooked through thoroughly to 145°F. If you're not sure the salmon is cooked, or think it is almost ready, take it off the heat to prevent over-cooking.
- 3 While salmon is cooking, broil asparagus in oven until stalks are slightly charred, about 4 to 6 minutes.
- 4 Gently reheat risotto with 1/2 cup of water, stirring often until warm, bubbly and starting to get sticky, about 6 to 8 minutes.
- 5 Divide risotto onto plates, top with asparagus, then salmon. Top hot salmon with a slice of compound butter, let melt slightly and enjoy.

Bering Bounty Salmon

Asparagus

Lemon Risotto: Arborio rice, vegetable stock, yellow onion, sarvecchio (milk, salt, cultures, enzymes), white wine, red wine vinegar, lemon, salt.

Roasted Shallot-Garlic Tarragon Compound Butter: Butter, roasted shallot, roasted garlic, tarragon, lemon, red chile flake, salt, pepper.

Contains: Dairy, fish.

② READY-TO-EAT

buffalo chicken lettuce wraps with slaw and house-made ranch dressing

Separate leaf lettuce, wash under cold water, and then dry.

Warm chicken in a saucepan over medium low heat until hot, 7 to 10 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave chicken on medium high until hot, about 3 to 5 minutes.

Divide chicken onto lettuce wraps. Top with slaw and ranch dressing, or serve slaw on the side. Dig in!

Buffalo Chicken: Chicken, celery, spices, butter, cayenne, distilled vinegar, water, garlic powder, salt.

House-Made Ranch: Buttermilk, sour cream, egg, sunflower oil, red wine vinegar, mustard, herbs, lemon, salt, pepper.

Kohlrabi Apple Carrot Slaw: Kohlrabi, carrot, apple, green cabbage, apple cider vinegar, salt, sugar, chive, cilantro, parsley.

Lettuce

Contains: Dairy, egg, poultry, raw allium.

③ FARM-TO-FREEZER

paneer masala with asparagus, spinach and 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

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