

PASTURE AND PLENTY

DATE: JUNE 7, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

With the end of the school year upon us, we thought some easy favorites might be in order this week! Flavorful house-made pesto tossed with RP's pasta with loads of local veg. Hearty lentil soup topped with a cooling yogurt sauce and crispy, crunchy kale chips. And everyone's favorite: smothered burritos! Add-in a weekday breakfast treat and we're good to go!



PRODUCER SPOTLIGHT

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

Elderberry Hill Farms
Driftless Organics
Raleigh's Hillside Farm
Winterfell Acres
Forenoon Family Farm
RP's Pasta
Sartori Cheese



RP's pasta with bacon lardons, Spring vegetables and pesto



lemony lentil soup with grilled scallion yogurt and crispy kale



smothered chicken burritos with green chile sauce

EXTRA GOODNESS

blue corn and blueberry scones

Store at room temperature and enjoy within 5 days

Ingredients: Scone (ap flour, blue cornmeal, butter, blueberry, sugar, egg, buttermilk, baking powder, salt), lemon glaze (lemon juice, powdered sugar).

Contains: Wheat, dairy, egg.

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

RP's pasta with bacon lardons, Spring vegetables and pesto

PREP & COOK TIME

30
MINUTES

IN YOUR BAG

RP's Fusilli

Spring Green Pesto

Bacon Lardons

Spring Vegetables

SarVecchio and Herbs

Pair with the food-friendly Ercole Barbera del Monferrato or with light and hazy Pale Weizenbock from Giant Jones

- 1 Preheat oven to 400°F. Rinse turnips, radish and asparagus and cut into bite-sized pieces. Toss with olive oil, salt and pepper and place on baking sheet. Roast until just cooked through, 8 to 10 minutes.
- 2 Prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. With your hands, gently loosen the pasta. Once the water is at a rolling boil, carefully place the loosened pasta into the water. Stir immediately to prevent the pasta from sticking together. Once the water has returned to a boil, reduce the heat to a gentle boil to and cook for 4 to 5 minutes or until preferred al dente texture and drain, reserving a bit of pasta cooking water for later.
- 3 Heat a glug of olive oil over high heat in a large sauté pan, large enough for all the ingredients. When the oil is shimmering, add the turnips, radish, asparagus and bacon. Warm and stir until heated through.
- 4 Add pesto to the pan, along with a little pasta water to thin it out. Once everything in the pan is warm, add the fusilli as well as the spinach. Toss to coat everything evenly.
- 5 Divide onto plates and top with the Sarvecchio and herb mixture. Buon appetito!

Spring Green Pesto: Sunflower oil, spinach, arugula, basil, turnip greens, radish greens, red wine vinegar, pepitas, sarvecchio (milk, salt, cultures, enzymes), garlic, red chile flake, salt, pepper.

Sarvecchio and Herbs: Sarvecchio (milk, salt, cultures, enzymes), parsley, rosemary, thyme, parsley, chive.

RP's Fusilli: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt.

Bacon Lardons

Spring Vegetables: Turnip, radish, asparagus, spinach.

Contains: Egg, dairy, wheat, pork, raw allium.

② READY-TO-EAT

lemony lentil soup with grilled scallion yogurt and crispy kale

Preheat oven to 350°F. Tear kale leaves off of stem and into larger than bite sized pieces. Toss with olive oil and a sprinkle of salt.

Place kale on baking sheet in single layer. Roast in oven for about 15 minutes, until crispy and crunchy.

While kale is roasting, reheat soup with a splash of water in a saucepan over medium heat until hot, about 8 to 10 minutes.

Portion soup into bowls, garnish with yogurt sauce and kale. Enjoy!

Lemony Lentil Soup: Onion, leek, red lentil, vegetable stock, celery, carrot, rainbow chard, turmeric, cumin, mustard seed, lemon, salt, pepper, red wine vinegar.

Grilled Scallion Yogurt: Yogurt (milk, enzymes), cream, scallion, lemon, salt, pepper.

Kale

Contains: Dairy, bean/lentil.

③ FARM-TO-FREEZER

smothered chicken burritos with green chile sauce

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