

PASTURE AND PLENTY

DATE: AUGUST 30, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

We're bringing all of the summer veggie goodness this week, friends. It's tomatoes and peppers and beans and potatoes and zucchini and more! Here's to hoping this menu hits all your taste buds in the best late-summer way. And that it makes your back-to-school week a little bit sweeter with the Mexican Vanilla Conchas from our friends at Milpa!



panzanella salad with Bering Bounty salmon



shakshuka with goat cheese, herb-roasted potatoes and eggs



Italian sausage and summer vegetable galette from Tart Baked Goods with a Winterfell Acres green salad



PRODUCER SPOTLIGHT

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

Happy Valley Farm

Winterfell Acres

Raleigh's Hillside Farm

Vitruvian Farms

Bering Bounty

Tina's Flock

Madison Sourdough Co.

Christiansen Farm

Elderberry Hill Farm

EXTRA GOODNESS

vanilla conchas from Milpa

Instructions: Store at room temperature. Best enjoyed within 2 days. Refresh rolls in microwave for 10 seconds, if desired.

Ingredients: AP flour, sugar, egg, butter, vanilla, baking powder, yeast, cinnamon, orange zest.

Contains: dairy, wheat, egg, cinnamon/nutmeg

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

panzanella salad with Bering Bounty Salmon

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Bering Bounty
Salmon
(keep frozen)

Vegetable Bag

Roasted Tomatoes

Balsamic
Vinaigrette

MSCo Miche
Croutons

Fresh Mozzarella

PAIR WITH

the softly acidic
and juicy
Foradori Lezer
or
the crisp and light
Crew Drive Brut
Pils from Central
Waters

- 1 Preheat grill for medium-high heat or oven to 425°F. While preheating, halve zucchini lengthwise and strip kale leaves from stems before slicing finely. Set kale leaves aside for later. In a bowl, season zucchini and beans with salt, pepper, and a splash of olive oil. Also coat salmon in olive oil and season with salt and pepper.
- 2 Grill seasoned vegetables for about 4 to 6 minutes or roast in the oven for about 12 to 15 minutes. Once veggies are charred and tender, remove from grill or oven, let cool, and slice into bite sized pieces.
- 3 While vegetables are cooking, preheat a 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. Alternatively, place salmon, skin side down, on grill. Grill for about 6 to 8 minutes. In both cases, cook until the salmon begins to "crack" at the edges. Be sure fish is cooked through thoroughly to 145°F.
- 4 Meanwhile, place kale leaves, roasted tomatoes, fresh mozzarella and croutons in a large bowl; toss with the balsamic vinaigrette. Once vegetables are done and sliced, add to the bowl and toss again.
- 5 Place panzanella on plates, top with grilled salmon and enjoy!

Vegetable Bag: Zucchini, green bean, dragon tongue bean, kale **Roasted Tomatoes:** Tomato, red onion, olive oil, garlic, thyme, salt, pepper **Fresh Mozzarella:** Milk, rennet, citric acid, salt **Balsamic Vinaigrette:** Sunflower oil, balsamic vinegar, dijon mustard, caramelized shallot, roasted garlic, salt, pepper, xanthum gum **MSCo Miche Croutons:** Flour, water, olive oil, salt, pepper

Contains: Dairy, wheat, fish

② READY-TO-EAT

shakshuka with goat cheese, herb-roasted potatoes and eggs

Preheat oven to 400°F. Place potatoes on a sheet pan and reheat for 6 to 8 minutes, until crispy.

Heat shakshuka in a sauté pan over medium heat until hot, about 5 minutes. Make wells in the hot shakshuka, pour your eggs right into them, and cook for an additional 5 to 8 minutes.

Divide potatoes onto plates, spoon stew and eggs over the top of potatoes. Dig in!

Shakshuka: Tomato, red bell pepper, yellow bell pepper, green bell pepper, goat cheese (goat milk, cheese culture, rennet, salt), onion, garlic, cumin, turmeric, paprika, cayenne, dill, thyme, parsley, chive, olive oil, salt, pepper.

Potatoes: Yellow potato, red potato, olive oil, salt, rosemary, thyme, chives, parsley

Contains: Dairy, egg.

③ FARM-TO-FREEZER

Italian sausage and summer vegetable galette from Tart Baked Goods with a Winterfell Acres green salad

Toss greens with desired amount of vinaigrette. See galette 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
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm