

PASTURE AND PLENTY

SEPTEMBER 20, 2021 | OMNIVORE

BEST ENJOYED BY: SEPTEMBER 24, 2021

HOORAY, IT'S MONDAY!

And the week is looking up! Spicy buffalo sauce laden lettuce wraps with a cooling house-made ranch and crispy crunchy slaw filled with local veg. Warming lentil soup for Fall's first cold snap topped with addictive kale chips. And rich, savory bean stew over brown rice. Tried and true recipes, all, friends! Hope you enjoy them as much as we do. Yum!

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

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lemony lentil soup with grilled scallion yogurt and crispy kale

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chorizo, bacon and braised pork shoulder feijoada with brown rice



PRODUCER SPOTLIGHT

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

Winterfell Acres

JenEhr Farms

Raleigh's Hillside Farm

Marr's Valley View Farm

EXTRA GOODNESS

Moroccan peanut cookies

Instructions: 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

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

PREP &
COOK TIME

15
MINUTES

IN YOUR BAG

Buffalo Chicken

House-made
Ranch

Cabbage Apple
Daikon Slaw

Leaf Lettuce

PAIR WITH

the off-dry and
slightly bubbly
Groundwork
Muscat Frizzante
or
with the hoppy
Pompeii IPA from
Toppling Goliath

- 1 Separate leaf lettuce, wash under cold water, and then dry.
- 2 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.
- 3 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, dijon mustard, onion powder, garlic powder, herbs, lemon, salt, pepper **Cabbage Apple Daikon Slaw:** Green cabbage, purple cabbage, carrot, purple daikon, pink daikon, apple, red wine vinegar, chives, cilantro, parsley, sugar, salt

Contains: Poultry, egg, dairy

② READY-TO-EAT

lemony lentil soup with 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

Contains: Dairy

③ FARM-TO-FREEZER

chorizo, bacon and braised pork shoulder feijoada with brown rice

Defrost rice and feijoada. Heat feijoada over medium heat in saucepan until hot, with up to 1/2 cup of water. Heat rice over low heat in 2nd saucepan until hot, with up to 1/4 cup of water. Plate feijoada alongside rice. See labels for ingredients.



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