

# PASTURE AND PLENTY

OCTOBER 4, 2021 | OMNIVORE

BEST ENJOYED BY: OCTOBER 8, 2021

## HOORAY, IT'S MONDAY!

As temperatures cool and the leaves start to fall, our cooking starts to change and we find ourselves reaching for warming, comforting spices. Think: cinnamon, cloves, nutmeg, paprika, cardamom, star anise, cumin, and coriander – all of these spices are featured this week's meals. So revel in the menu's coziness, friends, and inhale the scents of Fall!

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**chicken shawarma with Israeli salad, dill yogurt sauce and pita**

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**goulash with egg noodles and lemon pepper sour cream**

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**chickpea cashew coconut curry over brown rice**



## 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

Saffi Foods

## EXTRA GOODNESS

### butterscotch budino

Instructions: Keep refrigerated and enjoy within a week. Heat caramel at 10 second intervals in microwave. Pour over top of pudding. Enjoy!

Ingredients: Budino (heavy cream, egg, brown sugar, cornstarch, rum, water, butter, salt), caramel sauce (sugar, cream, vanilla, sea salt).

Contains: Egg, dairy

## 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

# chicken shawarma

with Israeli salad, dill yogurt sauce and pita

PREP &  
COOK TIME

15  
MINUTES

IN YOUR BAG

Chicken  
Shawarma

Israeli Salad

Lemon Oil  
Dressing

Dill Yogurt Sauce

Pita

PAIR WITH

the lemony and mineral-laden Land of Saints Chardonnay or with the citrusy and hoppy DDH Set List Hazy IPA from Eagle Park Brewing Company

- 1 Heat a skillet over medium-high heat. Add a tablespoon or two of olive oil and, once hot, add chicken to pan and cook until heated through, 3 to 4 minutes.
- 2 Shake lemon oil dressing to emulsify then use to dress Israeli salad. Warm pita for a few seconds in the microwave or a few minutes in the toaster oven.
- 3 Portion chicken and salad onto plates, serve with yogurt sauce and pita. Enjoy!

**Chicken Shawarma:** Chicken, olive oil, lemon juice, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, red chile flake  
**Israeli Salad:** Cabbage, cucumber, tomato, red onion, red bell pepper, yellow bell pepper, kalamata olive, parsley, mint, cilantro  
**Lemon Oil Dressing:** Olive oil, lemon juice  
**Dill Yogurt Sauce:** Greek yogurt (skim milk, cream, milk protein concentrate, pectin, enzymes), mayonnaise (sunflower oil, red wine vinegar, dijon mustard, egg, salt, lemon), lime, lemon, tahini (sesame seed), garlic, dill, mint, salt  
**Pita:** Whole wheat flour, water, wheat gluten, honey, yeast, sunflower oil, salt, calcium propionate, enzymes

*Contains: Cinnamon/nutmeg, sesame, mint, dairy, poultry, olives, egg, wheat*

② READY-TO-EAT

# goulash with egg noodles & lemon pepper sour cream

Heat a sauté pan over medium low heat. Add the goulash and egg noodles to the pan and cook, stirring occasionally, until both are heated through, about 6 to 8 minutes.

Serve the goulash in low, shallow bowls and top with the lemon pepper sour cream. Enjoy!

**Goulash:** Beef, carrot, chicken stock, yukon gold potato, onion, red bell pepper, apple cider vinegar, garlic, gelatin, ap flour, butter, paprika, thyme, parsley, salt, pepper. **Egg Noodles:** Durum wheat, eggs, niacin, iron, thiamin mononitrate **Lemon Pepper Sour Cream:** Cultured milk, cultured cream, lemon, pepper, salt

*Contains: Egg, dairy, wheat, beef, poultry*

③ FARM-TO-FREEZER

# chickpea cashew coconut curry over brown rice

See label for instructions and 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  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

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