

PASTURE AND PLENTY

NOVEMBER 29, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

We're pretty excited about this week's menu, friends. Filled with bright, fresh flavors, Milpa's posole is perfect for post-Thanksgiving clean eating. And that lemon dill vinaigrette? So citrusy and herby and light, we could eat it on everything (and nothing). Don't think we've forgotten about the peanut curry, though. That's been a P&P favorite since practically day one!



roasted wild-caught king salmon with caramelized root vegetables and lemon dill vinaigrette



mushroom & chayote posole from Milpa topped with La Cosecha tortilla chips and a cabbage, radish & lime garnish



South African-inspired beef and peanut 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:

Bering Bounty

La Cosecha

Milpa

Fifth Season Cooperative

Arndt Family Farm

Winterfell Acres

EXTRA GOODNESS

snickerdoodle cookie dough

Instructions: Preheat oven to 350°F. Place thawed cookie dough on baking sheet and bake for 10 to 12 minutes until cookies are golden, rotating halfway through.

Ingredients: AP flour, butter, sugar, egg, vanilla, cream of tartar, baking soda, salt, cinnamon.

Contains: Egg, wheat, dairy, 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

roasted wild-caught king salmon with caramelized root vegetables and lemon dill vinaigrette

PREP & COOK TIME

40
MINUTES

IN YOUR BAG

King Salmon
(keep frozen)

Root Vegetables

Kale

Lemon Dill
Vinaigrette

PAIR WITH

the well-rounded
Field Recordings
Wonderwall
Chardonnay

or

with the malty and
dry Tripel from
Giant Jones

- 1 Preheat oven to 400°F. While oven preheats, de-stem kale and tear leaves into bite sized pieces and place in a large bowl. Next, toss root vegetable blend with olive oil, salt and pepper on a sheet tray and then spread out evenly.
- 2 Remove salmon from freezer. To cook the salmon, pre-heat 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 to 15 minutes, or until the salmon begins to "crack" at the edges. If you're not sure the salmon is cooked, or think it is almost ready, take it off the heat to prevent over-cooking. While the FDA recommends cooking fish to 145°F, you could take it off a bit earlier for a flakier, more moist and tender salmon fillet.
- 3 Once you start cooking the salmon, place the sheet pan with the veggies in the preheated oven and roast until veggies are starting to get golden brown around the edges and are fork tender, about 10 minutes.
- 4 When vegetables are done roasting, and while hot, toss with kale and dress with lemon dill vinaigrette. Divide evenly onto plates and top with the cooked salmon. Enjoy!

Root Vegetables: Yellow potatoes, carrots, butternut squash, red beets **Lemon Dill Vinaigrette:** Sunflower oil, lemon, dijon mustard, dill, honey, garlic, salt, pepper

Contains: Fish

② READY-TO-EAT

mushroom & chayote posole from Milpa with La Cosecha tortilla chips

Warm soup over medium-low heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes. Alternately, heat in microwave on medium high, stirring every minute, for about 4 minutes.

Meanwhile, thinly slice radish and toss with sliced cabbage. Slice your lime into individual wedges.

Portion hot posole into bowls, garnish with sliced cabbage and radish, then give a squeeze of lime all over top. Serve tortilla chips alongside. Dig in!

Posole: Hominy, veg stock, mushroom, chayote, tomatillo, poblano, onion, cilantro, serrano, pepita, garlic, lime juice, salt **La Cosecha Tortilla Chips:** Corn, canola oil, salt **Cabbage, Radish and Lime Garnish**

Contains: Mushroom

③ FARM-TO-FREEZER

South African-inspired beef and peanut 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
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M 3:30pm-7:30pm **T-F** 11am-7pm
SAT 9am-1pm