

PASTURE AND PLENTY

DECEMBER 20, 2021 | OMNIVORE

HOORAY, IT'S MONDAY!

With a busy holiday week in store, we hope these meals make life a bit easier. Enjoy your wild rice salad, chock full of veg as a lighter break before rich, heavy foods. And the Mole tacos, full of spices and chocolate (but brightened up with tangy beets), are a fun break from more traditional fare, too. We didn't want to miss celebrating with you, though, so hopefully our strata makes a lazy, holiday morning a bit tastier. Enjoy, friends!



**roasted chicken breast
and wild rice salad with pickled apples,
roasted butternut squash and dried
cranberries**



**Milpa pinto bean, wood ear
mushroom & mole tacos with
pickled beets and La Cosecha corn nuts**



**P&P strata with Hook's cheddar,
breakfast sausage, red peppers and
kale**



PRODUCER SPOTLIGHT

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

Tina's Flock
Madison Sourdough Co.
La Cosecha
Milpa
Saffi Foods
Garden to Be
Raleigh's Hillside Farm
Riemer Family Farm

EXTRA GOODNESS

Swedish almond cake

Instructions: Store at room temperature and enjoy within a week.

Ingredients: AP flour, sugar, egg, butter, almonds, almond extract, lemon zest, salt.

Contains: Egg, dairy, wheat, tree nut

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 chicken breast and wild rice salad with pickled apples, roasted butternut squash and dried cranberries

PREP & COOK TIME

15 MINUTES

IN YOUR BAG

Chicken Breast

Marinade

Kale

Orange Balsamic Vinaigrette

Pickled Apples

Wild Rice Salad

PAIR WITH

the natural and fresh Mother Rock "Force Celeste" Chenin Blanc

or

the light and crisp Není Špatné Czech Lager from Working Draft Beer Company

- 1 Toss chicken with marinade immediately before cooking or up to 8 hours ahead of time.
- 2 Preheat a heavy skillet over high heat. Take chicken out of marinade, season with salt and pepper and add a splash of oil into preheated skillet. Place chicken in hot pan and sear for 2 to 3 minute, flip and cook for about 6 more minutes until internal temperature is at least 165°F.
- 3 While chicken is cooking, strip kale from stem and tear into bite-sized pieces.
- 4 Toss wild rice salad, kale and orange balsamic vinaigrette together in a large bowl and divide evenly onto plates. Top with pickled apples and then the chicken breast. Enjoy!

Marinade: Sunflower oil, red wine vinegar, garlic, shallot, rosemary, thyme, chive, parsley, lemon, red chile flake, salt, pepper **Orange Balsamic Vinaigrette:** Sunflower oil, orange, balsamic vinegar, dijon mustard, salt, pepper **Pickled Apples:** Apple, white vinegar, sugar, salt, bay leaf, chile de arbol **Wild Rice Salad:** Wild rice, butternut squash, cranberry, pepita, olive oil, bay leaf, chile de arbol, salt, pepper

Contains: Poultry

② READY-TO-EAT

Milpa pinto bean, wood ear mushroom and mole tacos

Gently reheat pinto bean mole in a saucepan with a splash of water, stirring often to prevent sticking.

Reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.

Build tacos to your liking using pinto bean mole, pickled beets and corn nuts, then dig in! Feel free to eat the corn nuts on top of your tacos for a little crunch or as a snack while you cook!

Pinto Bean and Wood Ear Mushrooms: Pinto bean, wood ear mushroom, salt. **Mole:** Tomato, tomatillo, chile, onion, sesame, chocolate, spices (including cinnamon), salt. **Pickled Beets:** Beet, apple cider vinegar, sugar, water, horseradish, carrot, ginger, juniper berry, cinnamon, allspice **La Cosecha Tortillas:** Corn, water, trace of lime **La Cosecha Corn Nuts:** Corn, canola oil, salt, trace of lime

Contains: Mushroom, sesame, cinnamon, chocolate

③ FARM-TO-FREEZER

P&P strata with Hook's cheddar, breakfast sausage, red peppers and kale

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