

PASTURE AND PLENTY

JANUARY 10, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

Who doesn't want a little warming spice during these bitterly cold days? Our harissa-marinated chicken is sure to help with that. Too much? Luckily there's a cooling citrusy and herby yogurt sauce to top it off! Next up is a veg-laden bowl of rice noodles, with nuoc cham, a Vietnamese dipping sauce that's equal parts sweet, sour, salty, savory and spicy. And rounding out the menu, we have everyone's (easy) favorite: risotto, chock-full of veg. Get excited!



harissa-marinated chicken with leeks, potatoes and yogurt sauce



Vietnamese noodle salad with pork meatballs, nuoc cham and roasted peanuts



butternut squash risotto with gigante beans, oyster mushrooms, greens and brown butter



PRODUCER SPOTLIGHT

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

Vitruvian Farms

Winterfell Acres

Raleigh's Hillside Farm

Sartori Cheese

EXTRA GOODNESS

cinnamon rum coffee cake

Instructions: Store at room temperature. Warm briefly in microwave or toaster oven. Enjoy!

Ingredients: AP flour, sugar, butter, egg, cornstarch, sour cream (cultured cream), rum, cinnamon, baking powder, salt.

Contains: *Wheat, egg, dairy, cinnamon, alcohol*

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

harissa-marinated chicken with leeks, potatoes and yogurt sauce

PREP &
COOK TIME

50
MINUTES

IN YOUR BAG

Chicken Thighs

Potatoes

Sliced Leeks

Lemon Herb

Yogurt Sauce

Harissa Marinade

Mixed Greens

Cranberry

Vinaigrette

PAIR WITH

the minerally and
acidic Mamete
Prevostini
Rosato Monroe
or
the light and
slightly bitter
Kranz Ferdinand
Kölsch from
Working Draft

- 1 Preheat the oven to 425°F. Peel potatoes if desired. Chop into bite-sized chunks, about 1" to 1.5" cubes.
- 2 Combine the chicken and potatoes in a large bowl. Season with salt and pepper. Pour the harissa marinade* over both the chicken and potatoes; toss to combine. Let stand at room temperature for 30 minutes.
- 3 Meanwhile, in a medium bowl, combine the sliced leeks with a pinch of salt and a splash of olive oil.
- 4 Arrange the chicken and potatoes in a single layer on a large rimmed baking sheet; roast for 20 minutes. Take the tray out, scatter the leeks over the baking sheet and toss to combine with the potatoes. Roast until the chicken is cooked through (the internal temperature should read 165°F) and everything is golden and slightly crisped, 20 to 25 minutes longer.
- 5 Right before the chicken finishes cooking, toss the greens with the cranberry vinaigrette.
- 6 Plate the chicken and vegetables, dollop the lemon herb yogurt sauce over top, and serve the greens alongside. Enjoy!

Lemon Herb Yogurt Sauce: Yogurt (milk, milk protein concentrate, cultures), milk, lemon, dill, mint, salt, pepper

Harissa Marinade: Olive oil, white wine vinegar, guajillo chile, ancho chile, pasilla chile, cumin, coriander, caraway, salt, pepper **Cranberry Vinaigrette:** Sunflower oil, olive oil, cranberry, red wine vinegar, dijon, shallot, honey, thyme, orange, salt, pepper

Contains: Dairy, poultry

To moderate the spice level, feel free to use only a portion of the harissa marinade. Not sure how spicy it is? Taste a little first!

② READY-TO-EAT

Vietnamese noodle salad with pork meatballs, nuoc cham and roasted peanuts

Preheat oven to 375°F. Place meatballs (they are pre-cooked) in a shallow baking dish; cover with foil. Reheat in the preheated oven until heated through, about 20 minutes.

Meanwhile, give noodles a stir to redistribute dressing.

Divide noodles onto individual serving plates. Top with peanuts and meatballs; drizzle with nuoc cham (to taste).

Pork Meatballs: Pork, onion, green onion, garlic, fish sauce, sugar, pepper, honey

Vietnamese Noodle Salad: Vermacelli noodle (rice, water), carrot, cucumber, radish, sesame oil, mint, cilantro

Nuoc Cham: Water, lime, lemon, fish sauce, garlic, sugar, thai chile

Roasted Peanuts (optional): Peanuts

Contains: Pork, fish, wheat, peanut (optional), soy, sesame

③ FARM-TO-FREEZER

butternut squash risotto with gigante beans, oyster mushrooms, greens and brown butter

See 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