

# PASTURE AND PLENTY

FEBRUARY 7, 2022 | OMNIVORE

## HOORAY, IT'S MONDAY!

And what a Monday it is! You know why, friends? Because we have our FIRST "spring" greens in! Farmer Bethanee at Winterfell Acres harvested her first batch of spinach from the greenhouse and we were able to get all of it. And... even better? It all went into the pesto for your Cook Kit this week. That's right! Every single leaf. Oh happy day!!



**RP's fusilli** with winter pesto, root vegetables and chicken



**shakshuka** with herb roasted potatoes, egg and pita



**red coconut curry** with shrimp and brown rice



### PRODUCER SPOTLIGHT

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

Driftless Organics

Sartori Cheese

Winterfell Acres

RP's Pasta

Tina's Flock

Jenifer Street Market

### EXTRA GOODNESS

### peanut butter pie jar

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Cream cheese, peanut butter, sugar, cream, vanilla, chocolate, peanuts.

Contains: Dairy, peanut, chocolate

### WHOLE GRAIN SNACK SHARE (ADD-ON)

### pecan & hazelnut buckwheat cacao praline bars

#### 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

### RP's fusilli

with winter pesto, root vegetables and chicken

PREP &  
COOK TIME

30  
MINUTES

IN YOUR BAG

Chicken

RP's Fusilli

Pesto

Root Vegetables

SarVecchio  
and Herbs

PAIR WITH

the minerally  
and acidic  
Mamete Prevostini  
Rosato Monroe  
or  
with the hoppy  
Double Red Ale  
from Giant Jones

1 Preheat oven to 425°F. Place chicken on a sheet tray, coat with olive oil and season generously with salt and pepper. Roast chicken for 10 minutes, then flip chicken. Return to oven and cook until chicken has an internal temperature of 165°F and is golden brown all over, about 10 to 15 more minutes. Take chicken out of oven and set aside on a cutting board to rest.

2 Meanwhile, heat 1 to 2 tablespoons of oil in a large sauté pan over medium-high heat until just beginning to smoke. Add root vegetables to pan and cook, undisturbed, until bottom sides are golden brown, about 3 minutes. Season with salt and pepper, stir veg, and continue to cook, stirring often and reducing heat as needed to avoid scorching, until golden brown all over, about 5 minutes more. Set aside.

3 While chicken and veg are cooking, prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. With your hands, gently loosen the pasta. Once the water is at a roiling boil, carefully place it into the water. Stir immediately to prevent the pasta from sticking together. Reduce the heat to a gentle boil to and cook for 4 to 5 minutes or until preferred al dente texture and drain, reserving a bit of pasta cooking water for later.

4 Next, put the sauté pan with the vegetables back on the burner on medium heat and add an additional tablespoon or so of olive oil. When the oil is shimmering, add the pesto to the pan, along with a little pasta water to thin it out. After a few seconds, add the fusilli. Toss to coat everything evenly. Slice chicken into strips.

5 Divide pasta onto plates and top with the sliced chicken and sarvecchio. Buon appetito!

**RP's Fusilli:** Semolina flour, water, egg, salt **Pesto:** Sarvecchio (milk, salt, culture, enzyme), parsley, thyme, rosemary, chives

**Root Vegetables:** Golden turnip, rutabaga, beauty heart radish

**SarVecchio & Herbs:** Milk, salt, enzymes

*Contains: Dairy, egg, wheat, poultry*

## ② READY-TO-EAT

### shakshuka with herb roasted potatoes, egg and pita

Preheat oven to 400°F. Place potatoes on a sheet pan and reheat for 6 to 8 minutes, until crispy.

Meanwhile, heat shakshuka in a sauté pan over medium heat until hot, about 5 minutes. Make wells in the hot shakshuka, pour your eggs right into them, and cook for an additional 5 to 8 minutes until the whites are set and yolks are at your desired state of runniness.

Heat pita in the oven with the potatoes for a few minutes until warm and pliant.

Divide potatoes onto plates, spoon shakshuka and eggs over the top of potatoes. Scoop up with pita and enjoy!

**Shakshuka:** Tomato, red bell pepper, yellow bell pepper, goat cheese (goat milk, cheese culture, rennet, salt), onion, garlic, cumin, turmeric, paprika, cayenne, dill, thyme, parsley, chive, olive oil, salt, pepper

**Herb Roasted Potatoes:** Yellow potato, red potato, purple potato, olive oil, salt, rosemary, thyme, chives, parsley **Pita:** Flour, water, soybean oil, yeast, salt, sugar, dough conditioner, baking powder, nonfat dry milk

*Contains: Wheat, dairy, egg*

## ③ FARM-TO-FREEZER

### red coconut curry with shrimp and brown rice

See labels 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  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

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