

PASTURE AND PLENTY

APRIL 11, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

April has had a dreary start with snow, rain, and cold, but things are looking up! Warmer weather is coming and so is chocolate cake! Nothing could be better, right? We're pretty excited for a few tried and true Meal Kit recipes, too, y'all. Look for our classic whitefish cakes paired with local lettuce and our citrus vinaigrette, our cozy chickpea stew with everyone's favorite: garlic naan, and our signature baked ziti. It's adding up to be a great week!!



whitefish corn cake with head lettuce, herb roasted root vegetables and citrus vinaigrette



lamb, chickpea and sweet potato stew with garlic naan and cilantro sauce



baked ziti with roasted eggplant, spinach and sarvecchio besciamella



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
Sartori Cheese
Superior Fresh
Saffi Foods
Winterfell Acres
Alsum Sweet Corn

EXTRA GOODNESS

chocolate mug cake

Instructions: Cook cakes, one at a time, in microwave for about 45 seconds, until cake is set. Alternately, bake in preheated oven at 350°F for 25 to 30 minutes, until toothpick comes out clean.

Ingredients: AP flour, milk, sugar, cocoa powder, butter, chocolate, egg, vanilla, baking powder, salt

Contains: Chocolate, wheat, egg, milk

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

whitefish corn cake with head lettuce, herb roasted root vegetables and citrus vinaigrette

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

Zucchini Corn Cakes

Citrus Vinaigrette

Herb Roasted Root Vegetables

Head Lettuce

PAIR WITH

the lemony and mineral-laden American Recordings Chardonnay or the crisp Loop Station Golden Ale from Eagle Park

- 1 Preheat oven to 425°F. Form whitefish corn mixture into patties; season with salt and pepper. Trim ends off of lettuce heads and wash leaves.
- 2 Place root vegetables on sheet pan, reheat in oven until warm and crisp on the edges, 8 to 12 minutes.
- 3 Heat a splash of olive oil in a skillet on medium high heat. Place fish cakes in a single layer in the pan; sear until lightly browned on both sides and warmed through, about 2-3 minutes per side. The fish is already cooked, so you are just bringing it up to temperature; its internal temperature should read 165°F on an instant-read thermometer.
- 4 Toss lettuce with root veggies, dress with citrus vinaigrette and divide onto plates. Top with whitefish cakes and enjoy!

Whitefish Corn Cakes: Whitefish, zucchini, corn, onion, red bell pepper, panko (wheat flour, sugar, salt, yeast, ascorbic acid), mayonnaise (soybean oil, water, whole eggs and egg yolks, distilled vinegar, salt, sugar, lemon juice concentrate, calcium disodium edta, natural flavors), egg, dijon mustard, scallion, garlic, salt, pepper, spices **Citrus Vinaigrette:** Sunflower oil, orange, grapefruit, lemon, lime, white wine vinegar, dijon mustard, shallot, salt, parsley **Herb Roasted Root Vegetables:** Butternut squash, rutabaga, parsley, chives, rosemary, thyme, olive oil, salt, pepper **Head Lettuce**

Contains: Wheat, egg, fish

② READY-TO-EAT

lamb, chickpea and sweet potato stew with naan and cilantro sauce

Heat stew over medium-low heat until hot, stirring occasionally, about 6 to 8 minutes, adding 1/4 to 1/2 cup of water if desired.

Reheat naan in the microwave for 20 seconds or in a preheated 400°F oven for 3 to 4 minutes.

Portion stew into bowls, drizzle cilantro sauce on top and serve naan alongside. Dig in!

Lamb, Chickpea and Sweet Potato Stew: Chicken stock, lamb, garbanzo bean, sweet potato, onion, celery, cilantro, sherry vinegar, tomato paste, garlic, olive oil, ap flour, cumin, cardamom, coriander, turmeric, pepper, cayenne, salt, pepper **Garlic Naan:** Flour, water, canola oil, garlic, red chilli, cumin seed, coriander, salt, green chilli, baking soda (sodium bicarbonate) **Cilantro Sauce:** Sunflower oil, olive oil, sherry vinegar, cilantro, mint, parsley, shallot, garlic, lemon, red chile flake, salt, pepper

Contains: Lamb, poultry, wheat, milk

③ FARM-TO-FREEZER

baked ziti with roasted eggplant, spinach and sarvecchio besciamella

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
608.665.3770 • pastureandplenty.com

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