

PASTURE AND PLENTY

JUNE 6, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

We're ready to start June off right! Look forward to a light and seasonal salad with seared wild-caught salmon, Spring veg and greens with a lemon dill vinaigrette, red-sauced enchiladas with La Cosecha's fantastic tortillas and a veg-laden Mac & Cheese (think: asparagus, arugula, bok choy, shell peas and more). Finish it off with pineapple tamales from Milpa and things are looking up. Talk about tasty, and easy, right, friends?

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seared salmon salad
with Spring vegetables and greens,
spiced pepitas and lemon dill vinaigrette

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red-sauced chicken
enchiladas with cilantro lime slaw
and pinto beans

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P&P house mac and cheese
with asparagus, peas and caramelized
ramps

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PRODUCER SPOTLIGHT

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

Bering Bounty
Winterfell Acres
Driftless Organics
Crossroads Community Farm
Vitruvian Farm
Elderberry Hill Farm
Saffi Food
Sartori Cheese
Hook's Cheese Co.
Roth Cheese
Enos Farms

EXTRA GOODNESS

Milpa pineapple tamales

Instructions: Keep frozen. See package for cooking instructions.

Ingredients: Yellow corn, vegetable oil, pineapple, sugar, salt, star anise, cinnamon, chile.

Contains: 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

seared salmon salad with Spring vegetables and greens, spiced pepitas and lemon dill vinaigrette

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Bering Bounty
Salmon
(keep frozen)

Radish, Turnips
and Asparagus

Spiced Pepitas

Lemon Dill
Vinaigrette

Mixed Greens

PAIR WITH

the fresh and
fruity Garofoli
"Serra del Conte"
Verdicchio dei
Castelli di Jesi
Classico DOC
2020 or
with the crisp
Summer Vice
Hefeweizen from
Raised Grain
Brewing Co.

1 Preheat oven to 400°F. While oven preheats, prep your vegetables. First, set aside one or two radishes and asparagus. Next, chop the remaining asparagus, turnips and radishes into bite-sized chunks. Then, toss the chopped veg with olive oil, salt and pepper on a sheet tray and then spread out evenly. 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 12-15 minutes.

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, grab your reserved radishes and asparagus. Using a vegetable peeler (or a knife), shave (or slice) the veg into thin strips. Toss the thinly sliced raw vegetables with the mixed greens and a portion of the lemon dill vinaigrette.

4 When vegetables are done roasting, and while hot, toss with more of the lemon dill vinaigrette. Divide the mixed greens evenly onto plates and top with the cooked salmon and vegetables, sprinkling the spiced pepitas on top. Enjoy!

Spiced Pepitas: Pepitas, salt, pepper, garlic, onion, paprika, cumin, brown sugar **Lemon Dill Vinaigrette:** Canola oil, sunflower oil, white wine vinegar, dijon mustard, lemon, dill, honey, salt **Bering Bounty Salmon, Mixed Greens, Radish, Turnips and Asparagus**

Contains: Fish

② READY-TO-EAT

red-sauced chicken enchiladas with cilantro lime slaw and pinto beans

Preheat oven to 400°F. Warm skillet over medium heat. Heat each tortilla in skillet, flipping often, about 5 seconds a side, until pliable. Stack and wrap in a kitchen towel to keep warm. Brush a little sauce on both sides of each tortilla, divide filling onto tortillas and roll them up leaving the seam side down. Place tightly into a baking dish and top with remaining sauce and cheese. Bake until cheese is melted and everything is heated through, about 20 minutes.

While enchiladas bake, reheat the beans on the stovetop over medium-low heat until warmed through. Also give the slaw a quick toss. Plate the enchiladas next to the slaw and beans and then dig in!

Filling: Chicken, onion, garlic, jalapeno, sour cream, olive oil, garlic, salt, cumin, coriander, paprika, cayenne **Sauce:** Tomato, vegetable stock, onion, guajillo, garlic, salt, cumin, coriander, paprika, cayenne, pepper **Cheese:** Mozzarella (milk, culture, salt enzyme), cheddar (milk, culture, salt enzyme, annato), provolone (milk, culture, salt enzyme) **Tortillas:** Corn, salt, water, lime **Beans:** Pinto bean, water, onion, tomato, garlic, oregano, cumin, coriander, paprika, salt, pepper **Slaw:** Green cabbage, red cabbage, carrot, jalapeno, apple cider vinegar, scallion, cilantro, lime, cumin, salt, pepper

Contains: Milk, poultry

③ FARM-TO-FREEZER

P&P house mac and cheese with asparagus, peas and caramelized ramps

See label for ingredients and reheating instruction.



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