

PASTURE AND PLENTY

AUGUST 15, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

Dinners this week are easy peasy, and full of veggies, so you'll be healthy, fed and ready to take on all of your Summer plans! Think: a panzanella salad with five (yes five!) different summer veggies, a cool, creamy chickpea soup topped with a chopped veg salad, and red coconut curry with yep, you guessed it, loads of veg. We just can't help ourselves in summer! Wisco's bounty is just too perfect, y'all.



panzanella salad kit with grilled marinated chicken



chickpea tahini soup with chopped salad and pita



red coconut curry with shrimp over brown rice



PRODUCER SPOTLIGHT

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

Winterfell Acres

Vitruvian Farms

Crossroads Community Farm

Alsum Sweet Corn

Saffi Saana

Madison Sourdough, Co

EXTRA GOODNESS

vanilla cupcakes with almond buttercream

Instructions: Keep refrigerated. Let cupcakes and buttercream come to room temperature before frosting.

Ingredients: Vanilla cake (cake flour, sugar, butter, sour cream, egg whites, milk, vanilla extract, baking powder, baking soda, salt), almond buttercream (butter, powdered sugar, milk, almond extract).

Contains: *Wheat, egg, milk, tree nuts*

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

panzanella salad kit
with grilled marinated chicken

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

- Chicken Breasts
- Vegetable Bag
- Roasted Corn and Tomatoes
- Croutons
- Marinade
- Balsamic Vinaigrette

PAIR WITH

the fresh and fruity Populis 'Reversée' 2021 Red Blend or the light and crisp Brw-Ski Lager from Badger State Brewing Co.

- 1 In the morning, place chicken breasts in a lidded container and toss with marinade; place back in fridge.
- 2 Preheat grill for medium-high heat or oven to 425°F. While preheating, trim green beans and radishes and strip kale leaves from stems before slicing finely. Set kale leaves aside for later. In a bowl, season green beans and radishes with salt, pepper, and a splash of olive oil. Remove chicken from marinade, season lightly with salt and pepper, and coat lightly with olive oil.
- 3 Carefully place your green beans and radishes in a grill basket. If you don't have a grill basket, shape a large piece of foil into the shape of a box, poke holes in it (to allow the heat and smoke to come through) and place it on the grill; add your veggies to your foil basket. Cook the veg until charred and slightly softened. Remove from grill and set aside. Once cool, slice into bite sized pieces.
- 4 At the same time, place your chicken breasts on the grill, flipping every 2 minutes or so until well-browned and the internal temperature (of the thickest part of the breast) as measured with an instant-read thermometer is 165°F. Set the chicken aside.
- 5 As soon as you start grilling, place croutons, kale leaves, roasted tomatoes and corn in a large bowl; toss with the balsamic vinaigrette. Once vegetables are done and sliced, add to the bowl and toss again.
- 6 Place panzanella on plates, top with grilled chicken and enjoy!

Vegetable Bag: Kale, radish, green bean **Roasted Corn and Tomatoes:** Tomato, corn, shallot, thyme, olive oil, salt, pepper **Croutons:** Sourdough bread (flour, water, salt), olive oil, salt, pepper **Marinade:** Canola oil, red wine vinegar, dijon, rosemary, thyme, parsley, chili flake, lemon, chive, salt, pepper **Balsamic Vinaigrette:** Canola oil, balsamic vinegar, dijon mustard, honey, shallot, salt, pepper. **Chicken Breasts**

Contains: Wheat, poultry, milk

② READY-TO-EAT

chickpea tahini soup
with chopped salad and pita

Soup may be served cold or hot, depending on preference. If serving cold, thin with a bit of water to loosen consistency until it's pourable and check for seasoning, adding salt and pepper, if desired. If serving hot, reheat soup in a saucepan over medium heat until hot, adding up to 1/2 cup of liquid (water or broth) as needed and stirring occasionally, for about 6 to 8 minutes.

Toast the pita for a few minutes to warm it up. Give chopped salad a quick stir to redistribute the dressing.

Pour soup into bowls and top with the chopped salad, a sprinkle of cumin (if you like) and a generous drizzle of olive oil. Eat with the warmed pita and enjoy!

Chickpea Soup: Chickpea, vegetable stock, onion, garlic, lemon, tahini (sesame), cumin, olive oil, salt, pepper **Chopped Salad:** Green cabbage, cucumber, tomato, red onion, kalamata olive, feta, parsley, cumin, sumac, paprika **Pita:** Whole wheat flour, water, wheat gluten, honey, yeast, sunflower oil, salt, calcium propionate, enzymes

Contains: olive, sesame, milk, wheat

③ FARM-TO-FREEZER

red coconut curry
with shrimp
over brown rice

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