

PASTURE AND PLENTY

SEPTEMBER 12, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

We're back at it this week with another great line-up, y'all! Think: coriander crusted roasted wild-caught salmon with roasted vegetables and sesame kale quinoa, tomato basil soup with grilled pimento cheese sammies, and one of our most-requested Farm-to-Freezer meals... South African peanut curry! Are you drooling yet? Because we are! And when you throw in the banana split trail mix... it's going to be a good week!



coriander crusted Bering Bounty salmon with roasted vegetables and sesame kale quinoa



tomato basil soup with grilled pimento cheese sandwich



South African beef and peanut curry 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:

Bering Bounty
Winterfell Acres
Vitruvian Farms
Elderberry Hill Farm
Happy Valley Farms
Madison Sourdough Co.
Hook's Cheese
Arndt Family Farm
Saffi Saana

EXTRA GOODNESS

banana split trail mix

Instructions: Store at room temperature. Best enjoyed within 3 days.

Ingredients: Dried cherries, candied pecans (pecans, sugar, canola oil, salt), semi-sweet chocolate chips, banana chips (banana, lemon juice)

Contains: *Tree nuts, chocolate*

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

coriander crusted Bering Bounty salmon with roasted vegetables and sesame kale quinoa

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Bering Bounty
Salmon
(keep frozen)

Coriander
Spice Mix

Sesame Kale
Quinoa

Vegetable Bag

PAIR WITH

the fresh and
fruity Garofoli
"Serra del Conte"
Verdicchio dei
Castelli di Jesi
Classico DOC
2020

or

with the crisp and
refreshing
Summer Vice
Hefeweizen from
Raised Grain
Brewing Co.

- 1 Preheat oven to 375°F. Prep the vegetables: peel and chop carrots into oblique coins; cut off the radish ends and quarter or halve them, depending on size; remove the stems and seeds from the peppers and cut into quarters. In a bowl, toss the vegetables with olive oil and 1/2 of the spice mix. Spread on one side of a sheet pan.
- 2 Roast vegetables in the preheated oven for 10 minutes.
- 3 Meanwhile, rub flesh side of frozen salmon with olive oil and then the other 1/2 of the spice mix; you want the spices to adhere to the fish.
- 4 Remove sheet pan from oven and stir vegetables. Add salmon to one side. Roast salmon and vegetables in the oven for 10 minutes. Turn oven temperature down to 325°F and stir veg again. Roast for another 8 to 15 minutes until the salmon tail or belly begins to crack slightly — flesh should flake gently away & be slightly translucent at the skin of the thickest point.
- 5 While salmon and veg are cooking, heat a sauté pan over medium heat. Add quinoa and up to a 1/4 cup water. Heat and stir until it is hot and water has been mostly absorbed.
- 6 Divide quinoa onto plates, top with roasted vegetables and salmon fillets. Enjoy!

Bering Bounty Salmon: Keep frozen **Coriander Spice Mix:**

Coriander, paprika, lemon, salt, sugar, black pepper, cayenne

Sesame Kale Quinoa: Quinoa, water, kale, scallion, sesame oil, salt, bay leaf, chile de arbol, pepper **Vegetable Bag:** Carrot, radish, sweet pepper

Contains: Fish, sesame

② READY-TO-EAT

tomato basil soup with grilled pimento cheese sandwich

Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes.

Meanwhile, spread pimento cheese inside of the bread slices and place back together.

Next, heat a skillet over medium heat; melt butter in pan. Place sandwich in skillet, turning to coat both sides of sandwich with melted butter. Toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

Cut sandwich in half and plate; pour soup into bowl and dinner is on!

Madison Sourdough Bread Co: Flour, water, salt **Pimento Cheese:** Cream cheese (milk, cream, culture, salt, guar gum, carob bean gum, xanthum gum), mayonnaise (canola oil, water, egg, white vinegar, salt, sugar, lemon), hook's 3 year cheddar (milk, salt, culture, enzyme, anatto), pimento pepper, pickle (cucumber, white vinegar, sugar, salt, coriander, garlic, dill, pepper, pink peppercorn, allspice), paprika, pepper, salt, sugar, cayenne **Tomato Basil Soup:** Tomato, vegetable stock, onion, celery, carrot, fennel, leek, garlic, red wine vinegar, olive oil, basil, salt, pepper

Contains: Milk, wheat

③ FARM-TO-FREEZER

South African beef and peanut curry 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