

PASTURE AND PLENTY

NOVEMBER 21, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

Happy Thanksgiving week, y'all! With a traditional turkey feast in the mix this week, we wanted to send meals that would be a change of pace! Look for a spiced roasted chicken and squash dinner topped with a vibrantly green, herby sauce, a Mexican black bean soup from Milpa with cruncy refreshing slaw, and a creamy baked penne pasta! Add in some triple chocolate cookie dough as a break from pie overload and the week is looking good!



roasted chicken thighs and squash with sesame and fennel seed, rice pilaf and sauce verte



Milpa's Mexican black bean soup with jalapeño Chihuahua cheese, ancho pepitas and slaw



baked penne with Italian sausage, 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

Winterfell Acres

Vitruvian Farms

Milpa

Sartori Cheese

Saffi Saana

Reimer Family Farm

EXTRA GOODNESS

triple chocolate cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 325°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: Chocolate, white chocolate chips, butter, sugar, ground coffee, sea salt, cocoa powder, vanilla, egg, ap flour, baking soda, baking powder

Contains: Chocolate, egg, dairy, wheat

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

roasted chicken thighs and squash
with sesame and fennel seed, rice pilaf and sauce verte

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG
Chicken Thighs

Squash

Rice Pilaf

Sauce Verte

Spice Mix

PAIR WITH

the fresh and
fruity Populis 'Re-
versée' 2021 Red
Blend
or
the slightly bitter
and citrusy Future
Tense IPA from
Working Draft

- 1 Preheat oven to 425°F. Trim and discard the ends of the squash, and halve the squash lengthwise. Scrape out and discard the seeds and pulp (feel free to peel if desired), then slice ¾-inch thick. Place slices in a large mixing bowl.
- 2 Pat the chicken thighs dry with clean paper towels and add them to the squash. Add a few tablespoons of olive oil and your spice mixture to the chicken and squash. Season with salt and toss to coat evenly.
- 3 Spread the squash in a single layer on a large rimmed sheet pan. Place the chicken thighs skin-side up on top of the squash and roast until the internal temperature of the chicken reaches 165°F and the skin of the chicken and the squash turns golden brown, at least 30 minutes. Let rest for 5 minutes.
- 4 While that is cooking, reheat pilaf in a saucepan over medium-low heat until hot, adding a splash of water if needed and stirring occasionally, for about 6 to 8 minutes.
- 5 Plate rice pilaf, top with roasted squash and chicken, and drizzle sauce verte on top. Enjoy!

Squash: Honeynut and/or Delicata **Rice Pilaf:** Long grain jasmine rice, golden raisin, onion, garlic, salt, scallion, parsley **Sauce Verte:** Olive oil, garlic, lemon, shallot, salt, dill, basil, parsley, cilantro, tarragon **Spice Mix:** Coriander, fennel seed, black sesame, white sesame, chipotle powder, salt, pepper **Chicken Thighs**

Contains: Poultry, Sesame

② READY-TO-EAT

Milpa's Mexican black bean soup with jalapeño Chihuahua cheese, ancho pepitas and slaw

Reheat soup with a splash of water in a sauce pan over medium-low heat until hot, about 6 to 8 minutes.

Give slaw a stir to redistribute the dressing.

Portion soup into bowls; garnish with cheese and pepitas. Serve slaw alongside and dig in!!

Milpa's Black Bean Soup: Black beans, onion, tomato, carrot, cilantro, jalapeño, garlic, cumin, spices (including cinnamon), salt, black pepper **Chihuahua Cheese:** Pasteurized milk, enzymes, salt, dried chiles **Spiced Pepitas:** Pepitas, salt, chili powder **Slaw:** Green cabbage, red radish, lime, scallion, cilantro, salt, sugar

Contains: Cinnamon/nutmeg, milk (optional)

③ FARM-TO-FREEZER

baked penne with Italian sausage, spinach and sarvecchio besciamella

See label for instructions and ingredients.



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