

PASTURE AND PLENTY

JANUARY 9, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

Hi, friends! We couldn't source enough split peas for your soup, so we supplemented with black-eyed peas, a traditional food for a lucky New Year! And, y'all, it's delicious: creamy, broken-down split pea soup, rich with a soffritto of onion, celery and carrot, spiced with warming cumin and turmeric, toasty from some local lager, and with a toothy bite from black-eyed peas. And with a mustard seed chili oil drizzled on top? Perfection, y'all.



sabzi sweet potatoes with turmeric chicken, kale and mint lime yogurt



ham hock split pea and black-eyed pea soup with mustard chili drizzle and MSCo dinner roll



chickpea coconut cashew 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:

Elderberry Hill Farm

Winterfell Acres

Marr's Valley View Farm

Madison Sourdough Co.

Saffi Saana

EXTRA GOODNESS

vegan lemon coconut scones

Instructions: Keep scones frozen until ready to bake. If desired, roll in granulated sugar before placing on a parchment paper-lined baking sheet. Bake at 350°F for about 12-15 minutes, or until lightly browned.

Ingredients: AP flour, almond flour, sugar, lemons, coconut oil, coconut milk, baking soda, salt

Contains: Wheat, tree nuts (almond), coconut

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

sabzi sweet potatoes

with turmeric chicken, kale and mint lime yogurt

PREP &
COOK TIME

50
MINUTES

IN YOUR BAG
Chicken Breast

Sweet Potato

Kale

Turmeric
Spice Mix

Mint Lime Yogurt

Sabzi Mix

PAIR WITH

the fruity and tannic Catena Malbec 2019

or

the full-bodied and hoppy Double IPA from Giant Jones Brewing

- 1 Preheat the oven to 475°F with a rack in the middle position. Line a rimmed baking sheet with kitchen parchment. Strip the kale leaves from their stems and roughly chop (discarding the stems); set aside.
- 2 Wash and dry the sweet potatoes before cutting them into 1" chunks. Grab a large bowl. You'll be using this until the very end. In your bowl, combine the sweet potatoes, a splash of olive oil and salt (as desired). Toss to coat, then transfer to the prepared baking sheet, distributing in an even layer. Toss the kale leaves in the same bowl and add a bit more olive oil and salt (to taste) before setting aside again.
- 3 Roast the sweet potatoes for 10 minutes. Meanwhile, coat the chicken with the turmeric spice mix. After 10 minutes, remove the sweet potatoes and stir before placing the chicken, skin-side up, on top of the sweet potatoes and put back in the oven. Roast until the internal temperature of the chicken reaches 165°F and the skin of the chicken and the sweet potatoes turn golden brown (and a skewer inserted into the largest pieces of sweet potato meets no resistance), about 20 to 25 more minutes, stirring once about halfway through. For the last 3-5 minutes of roasting, mix the reserved kale into the sweet potatoes on the baking sheet.
- 4 When the veg and chicken are done, set the chicken aside for 5 minutes to rest. In your bowl, toss the sweet potatoes and kale to coat with the sabzi spice mixture.
- 5 Plate the veg and top with the roasted chicken. Drizzle with the yogurt sauce and enjoy!

Chicken Breast: Keep refrigerated **Sabzi Mix:** Coconut, sesame seed, mustard seed, jalapeño, garlic, cilantro, cumin, salt, pepper **Turmeric Spice Mix:** Turmeric, cumin, coriander, mustard powder, smoked paprika, salt, onion powder, garlic powder, cayenne, pepper **Mint Lime Yogurt:** Greek yogurt, heavy cream, lime, mint, red wine vinegar, garlic, salt, pepper. **Sweet Potato, Kale**

Contains: Poultry, sesame, coconut, milk

② READY-TO-EAT

ham hock split pea and black-eyed pea soup with mustard chili drizzle and MSCo dinner roll

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

Meanwhile, reheat roll in toaster oven or microwave until warm. Remove lid from mustard chili sauce. Cover with a paper towel and microwave until oil is no longer solid, about 5 to 10 seconds or so. Give sauce a brief stir and then drizzle over the top of each bowl.

Portion soup into bowls, drizzle with the mustard chili sauce and serve rolls alongside. Dig in!

Soup: Pork stock, split green pea, black-eyed pea, onion, carrot, celery, garlic, pork, turmeric, red wine vinegar, salt, fennel, smoked paprika, red chili flake, cumin seed

MSCo Roll: Flour, water, salt **Sauce:** Olive oil, mustard seed, red chili flake, chile de arbol

Contains: Pork, alcohol

③ FARM-TO-FREEZER

chickpea coconut cashew curry over brown rice

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