

PASTURE AND PLENTY

JANUARY 30, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

We're sharing some tried and true favorites this week, but with a few twists! Our harissa-marinated chicken meal screamed for a salad to accompany it, we added a new topping of crispy kale chips to your favorite lemony lentil soup, and we made another take on our loaded vegetable fried rice (this time with roasted pork shoulder instead of bacon). Oh, and there's a new house-made blueberry jam for the chia pudding. We can't wait for you to try it all!



harissa-marinated chicken thighs with leeks, potatoes and yogurt sauce with mixed greens and dill vinaigrette



lemony lentil soup with crispy kale and pita



loaded vegetable fried rice with roasted pork shoulder



PRODUCER SPOTLIGHT

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

Driftless Organics

Bandung Indonesian Restaurant

Sassy Cow Creamery

Superior Fresh

Meadowlark Organics

Winterfell Acres

Saffi Saana

Vitruvian Farms

Fifth Season Cooperative

EXTRA GOODNESS

chia pudding with blueberry jam

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Chia pudding (coconut milk, chia seeds, maple syrup, vanilla extract), blueberry jam (blueberry, sugar, lemon), cocoa nibs

Contains: Coconut, 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

harissa-marinated chicken thighs with leeks, potatoes and yogurt sauce with mixed greens and dill vinaigrette

PREP & COOK TIME

60
MINUTES

IN YOUR BAG

Chicken Thighs

Sliced Leeks

Potatoes

Yogurt Sauce

Harissa
Marinade

Mixed Greens

Dill Vinaigrette

PAIR WITH
the full-bodied and tropical Folk Machine Sauvignon Blanc or the bold and crisp Extra Blonde Ale from Giant Jones

- 1 Preheat the oven to 425°F. Wash potatoes (and peel if desired). Chop into bite-sized chunks, about 1" to 1.5" cubes.
- 2 Combine the chicken and potatoes in a large bowl. Season with salt and pepper. Pour the harissa marinade* over both the chicken and potatoes; toss to combine. Arrange the chicken and potatoes in a single layer on a large rimmed baking sheet; roast for 20 minutes.
- 3 Meanwhile, in a medium bowl, combine the sliced leeks with a pinch of salt and a splash of olive oil.
- 4 Take the baking sheet out, scatter the leeks over the baking sheet and toss to combine with the potatoes. Roast until the chicken is cooked through (the internal temperature should read 165°F) and everything is golden and slightly crisped, 20 to 25 minutes longer.
- 5 Right before the chicken finishes cooking, toss the the greens with the dill vinaigrette.
- 6 Plate the chicken and vegetables, dollop the lemon herb yogurt sauce over top, and serve the greens alongside. Enjoy!

**To moderate the spice level, feel free to use only a portion of the harissa marinade. Not sure how spicy it is? Taste a little first! To add even more flavor, let chicken and potatoes marinate for at least 30 minutes.*

Yogurt Sauce: Yogurt (milk, milk protein concentrate, cultures), milk, lemon, dill, mint, salt, pepper **Harissa Marinade:** Olive oil, white wine vinegar, guajillo chile, ancho chile, pasilla chile, cumin, coriander, caraway, salt, pepper **Dill Vinaigrette:** Canola oil, white wine vinegar, dijon mustard, honey, lemon, garlic, dill, salt, pepper, red pepper flake **Sliced Leeks, Potatoes, Mixed Greens, Chicken Thighs**

Contains: Poultry, milk (optional)

② READY-TO-EAT

lemony lentil soup with crispy kale and pita

Preheat the oven to 350°F. Give the kale a quick rinse, remove the leaves from the tough stems and roughly chop. Place the kale on a sheet pan, drizzle with olive oil and season with salt and pepper. Massage the kale leaves until completely coated in olive oil. Roast for 5 minutes, stir well and roast for 5 minutes more, until slightly crispy but not burnt. When you stir kale, add the pita to one side of the same baking sheet and heat for last 5 minutes until warmed, soft and pliable.

Reheat soup in a saucepan over medium heat until hot, adding up to 1/4 cup water per serving (if needed) and stirring occasionally, for about 6 to 8 minutes.

Portion soup into bowls, garnish with crispy kale and enjoy the pita alongside!

Lentil Soup: Red lentil, vegetable stock, onion, celery, carrot, kale, turmeric, cumin, mustard seed, lemon, salt, pepper, red wine vinegar **Pita:** Unbleached unbromated enriched wheat flour, water, calcium propionate, corn syrup solids, enzymes, fumaric acid, guar gum, salt, sesame flour, sodium bicarbonate, sorbic acid, soybean oil, soy flour, sugar, sunflower oil, vegetable monoglycerides, whole wheat flour, yeast **Kale**

Contains: Wheat (optional), sesame (optional), soy (optional)

③ FARM-TO-FREEZER

loaded vegetable fried rice with roasted pork shoulder

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
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm