

PASTURE AND PLENTY

MARCH 6, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for a flavor packed menu this week, y'all. First up, a roasted salmon teriyaki rice bowl, with punchy garlic and ginger notes. Next is a salsa verde taco kit with our classic carnitas and a bright tangy slaw. Followed up with a chunky, squash soup with coconut, curry and chickpeas! Add in some roasted carrot muffins with spicy sweet chunks of candied ginger and the week is looking GOOD!



roasted salmon and broccoli rice bowl with ginger-garlic teriyaki sauce and furikake



salsa verde taco kit with carnitas and cilantro slaw



coconut curry squash soup



PRODUCER SPOTLIGHT

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

Bering Bounty
Vitruvian Farms
La Cosecha
Winterfell Acres
Saffi Saana

EXTRA GOODNESS

roasted carrot & ginger muffins

Instructions: Keep refrigerated. For best enjoyment reheat briefly before eating and enjoy within 3 days.

Ingredients: AP flour, carrots, sugar, butter, eggs, milk, orange, crystallized ginger, vanilla, olive oil, baking powder, baking soda, salt

Contains: Wheat, egg, milk

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 salmon and broccoli rice bowl with ginger-garlic teriyaki sauce and furikake

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Bering Bounty
Salmon
(keep frozen)

Brown Rice

Broccoli

Teriyaki Sauce

Furikake

PAIR WITH

the fresh and
fruity Hunky
Dory Sauvignon
Blanc 2019
or
with the hoppy
Fantasy Factory
IPA from
Karben4
Brewing

- 1 To quick-thaw your fish, keep fish in the vacuum-sealed packaging and submerge it in cold tap water, changing water every 30 minutes; it should take 30 minutes to an hour. Prepare and consume fish immediately after thawing.
- 2 Arrange racks to the middle and bottom of the oven, and heat the oven to 425°F. You will need 2 sheet pans. Line one with parchment paper or foil (for easy cleaning after cooking the fish).
- 3 On the unlined sheet pan, lay out the broccoli and drizzle with oil. Season with salt and black pepper. Place on the bottom rack of the oven and roast for about 20 minutes, until tender and golden in parts and crispy on the edges, stirring occasionally.
- 4 Meanwhile, rub the flesh side of your salmon with olive oil and then season with salt and pepper. Place salmon onto the second lined sheet pan.
- 5 Place the salmon pan onto the middle oven rack and roast for 10 to 15 minutes until the salmon is cooked to taste. The salmon tail or belly should begin to crack slightly — flesh should flake gently away and be slightly translucent at the skin of the thickest point (the USDA recommends cooking salmon to 145°F or well-done). Generally, you'll need about 10 minutes of cooking per inch of thickness (or height) of your salmon fillet.
- 6 Next reheat the brown rice over medium-low heat for 4 to 6 minutes, or until warmed through. Stir occasionally, adding a splash of water if needed to prevent sticking. If desired, microwave the teriyaki sauce, for about 30 seconds on high, to warm it up before serving.
- 7 To serve, top the rice with the salmon and broccoli and drizzle with the teriyaki sauce. Sprinkle the furikake over the top and enjoy!

Brown Rice: Brown rice, water, salt, chile de arbol, bay leaf

Teriyaki Sauce: Soy sauce, mirin, water, sesame oil, garlic, ginger,

salt **Furikake:** Nori, black sesame, white sesame, soy sauce, mirin,

sesame oil, kashmiri chile **Bering Bounty Salmon:** Keep frozen

Broccoli

Contains: Fish, soy, sesame, alcohol

② READY-TO-EAT

salsa verde taco kit with carnitas & cilantro slaw

Position oven rack close to broiler; preheat broiler to High. Spread carnitas in a single layer on a foil-lined sheet tray, roast in oven until hot and crispy, about 3 to 5 minutes. Alternatively, reheat carnitas in a skillet over medium-high heat for about 3 to 5 minutes, until hot and crispy.

Reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.

Give the cilantro slaw a stir to redistribute the vinaigrette.

Build tacos using carnitas, queso fresco, and salsa verde. Serve the cilantro slaw alongside and dig in!

Carnitas: Pork, onion, orange, brown sugar, beer, garlic, lime, salt, pepper, paprika, cumin, coriander, pepper **La Cosecha Tortillas:**

Corn, salt, water, lime **Queso Fresco:**

Pasteurized whole milk, salt, enzymes, culture **Cilantro Slaw:** Green cabbage, red cabbage, carrot, radish, cilantro, lime, apple cider vinegar, salt, sugar

Contains: Pork, milk, alcohol

③ FARM-TO-FREEZER

coconut curry squash soup

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