

PASTURE AND PLENTY

MARCH 20, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for a flavor-packed week of food, y'all. We want to slather that spiced tomato thyme jam on everything, we can wait to tear into Tart's ever-perfect buttery and flaky crusts, and we're stoked about the creamy, peanutty and just spicy enough Senegalese-inspired mafé! Add in a white chocolate and lavender blondie that hints at a sweet Spring to come and we are in heaven. Eat up!



pork chop with creamy polenta, tomato thyme jam and honey roasted carrots



Tart's roasted brussels sprout and fontina galettes with greens and maple mustard vinaigrette



chicken mafé with brown rice



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

Gentle Breeze Honey

La Cosecha

Driftless Organics

Winterfell Acres

Tart

Saffi Saana

EXTRA GOODNESS

white chocolate lavender blondies

Instructions: Store at room temperature and enjoy within 3 days.

Ingredients: Butter, ap flour, brown sugar, sugar, eggs, white chocolate, lavender, vanilla extract, cornstarch, salt, baking powder

Contains: Milk, wheat, egg, 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

pork chop with creamy polenta, tomato thyme jam and honey roasted carrots

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Pork Chop

Herb Marinade

Polenta

Tomato Thyme
Jam

Honey Glaze

Carrots

PAIR WITH

the lively and
fruity Populis
Reversée
Zinfandel Blend
or
the slightly
bitter and citrusy
Bold Font All
Caps Hazy IPA
from Working
Draft

- 1 In the morning, place pork chop in a lidded container and toss with marinade; place back in fridge. Or, place pork chop in the marinade when you first start dinner prep.
- 2 Preheat oven to 425°F. Peel the carrots and diagonally cut into 2" pieces. In a bowl, toss the carrots with the honey sauce. Spread the carrots out on a sheet pan.
- 3 Roast carrots in the preheated oven for about 20 minutes, stirring halfway through. After 20 minutes, check for doneness. The carrots should get softer, well-browned and caramelized. If not done, roast longer, checking every 5 minutes (and gently stirring or flipping the veg each time).
- 4 Next, remove pork chop from marinade and season with salt and pepper. Heat a heavy bottomed skillet over medium heat until hot. Add a tablespoon or so of oil and, once oil is rippling, sear pork chops in preheated skillet, turning occasionally, until no longer pink at the center, about 8 to 12 minutes. The chop should read 145°F with an instant-read thermometer inserted near the center.* Rest, covered, for a few minutes before serving.
- 5 Meanwhile, warm creamy polenta in a saucepan over medium heat, adding a little water or milk and stirring occasionally, until hot, about 8 minutes.
- 6 Divide polenta onto individual serving plates, top with pork chop and tomato thyme jam; serve honey roasted carrots on the side. Enjoy!

**Consuming raw or undercooked burgers may increase your risk of foodborne illness.*

Pork Chop: Keep Refrigerated **Herb Marinade:** Sunflower oil, olive oil, apple cider vinegar, red wine vinegar, thyme, rosemary, parsley, garlic, shallot, salt, pepper **Polenta:** La Cosecha's stone ground hominy grits, vegetable stock, whole milk, sarvecchio (milk, cheese cultures, salt, enzymes), spices, red wine vinegar, salt, pepper **Tomato Thyme Jam:** Tomatoes, sugar, lemon juice, ginger, red pepper flakes, thyme, salt, cinnamon, cumin **Honey Glaze:** Honey, white wine vinegar, olive oil, brown sugar, red chile flake, salt, garlic powder, onion powder, paprika, salt, pepper **Carrots**

Contains: Cinnamon/nutmeg, pork, milk

② READY-TO-EAT

Tart's roasted brussels sprout and fontina galettes with greens

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Dig in!

Galette: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin (vitamin B3), reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), hard white whole wheat flour, sugar, kosher salt, butter(pasturized cream, natural flavor), brussels sprouts, shallot, onion, parmesan cheese, fontina cheese, lemon zest, lemon juice, olive oil, mustard (water, mustard seeds, vinegar, salt, citric, acid, sulphite), chili flake **Vinaigrette:** Sunflower oil, canola oil, apple cider vinegar, whole grain mustard, dijon mustard, maple syrup, garlic, salt, pepper **Mixed Greens**

Contains: Milk, wheat

③ FARM-TO-FREEZER chicken mafé with 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
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M 3:30pm-7:30pm **T-F** 11am-7pm
SAT 9am-1pm