

PASTURE AND PLENTY

APRIL 17, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

We hope you enjoyed the glorious weather this past week, because BRRRR. This return to rainy, cool weather is no joke. But! Never fear, because we have some cozy faves for you this week! Heart-warming bowls of local RP's fusilli with roasted cauliflower and a creamy, flavor-packed sauce; piping hot classic three bean chili topped with freshly made tortilla chips from La Cosecha; and hearty roasted squash adobo from Milpa! Add in some brownies? Heaven!



RP's creamy fusilli with cauliflower, capers and roasted chicken



beef & three bean chili with La Cosecha tortilla chips and cilantro lime crema



Milpa's roasted adobo squash with black beans and brown rice



PRODUCER SPOTLIGHT

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

Milpa
La Cosecha
RP's Pasta
Sartori Cheese
Vitruvian Farms
Arndt Family Farm

EXTRA GOODNESS

dark chocolate sea salt brownies

Instructions: Store at room temperature and enjoy within 5 days!

Ingredients: Sugar, chocolate, butter, ap flour, brown sugar, eggs, cocoa powder, salt, vanilla extract

Contains: Chocolate, milk, egg, 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

RP's creamy fusilli
with cauliflower, capers and roasted chicken

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

- RP's Fusilli
- Cream Sauce
- Sarvecchio & Pine Nuts
- Cauliflower
- Chicken

PAIR WITH
the fresh and
chalky Jean
Marc Barthez
Bordeaux Blanc
or
with wheaty
and malty Pale
Weizenbock
from Giant
Jones

- 1 Preheat oven to 425°F. Toss cauliflower with olive oil and salt and pepper; spread in a single layer onto a baking sheet, leaving room on one side of the pan.
- 2 Take chicken and coat with olive oil; season with salt and pepper. Place on the empty space on the sheet pan with the cauliflower.
- 3 Roast cauliflower and chicken in the preheated oven for about 15 minutes. Stir cauliflower, flip the chicken breast and check for doneness. When done, the chicken breast should no longer be pink in the center and the internal temperature, when measured with an instant-read thermometer, should read 165°F. The cauliflower should be softer, well-browned and caramelized. A common pitfall when roasting cauliflower is stopping once it is tender: you have to stick with it, continuing to roast until the color goes from creamy white to deeply, impossibly golden brown. If not done, roast both longer, checking for doneness in 5 minute increments (and gently stirring or flipping the veg each time).
- 4 Meanwhile, bring a large pot of salted water — salty like the sea — to a boil over high heat; drop in fusilli and cook until tender with a bite, about 3 minutes. Drain fusilli, reserving a cup or so of pasta cooking water; set aside.
- 5 Stir fusilli, cauliflower, and cream sauce together in sauté pan over medium heat; cook until hot, about 2 minutes. If needed, add a bit of the pasta cooking water to loosen the sauce and help coat the noodles.
- 6 Divide fusilli mixture onto individual serving plates; top with roasted chicken and then garnish everything with sarvecchio and pine nuts. Enjoy!

RP's Fusilli: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt **Cream Sauce:** Cream, black king oyster mushroom, oyster mushroom, capers, garlic, sherry vinegar, butter, ap flour, red chile flake, salt, pepper, lemon **Sarvecchio & Pine Nuts, Cauliflower, Chicken**

Contains: Mushroom, wheat, milk, poultry, egg

② READY-TO-EAT

beef & three bean chili with La Cosecha tortilla chips and cilantro lime crema

Heat chili in a saucepan over medium heat until hot, about 8 min. Stir occasionally and, if needed, add a splash of water to thin out.

Top piping hot chili with tortilla chips and cream. Dig in!

Chili: Beef, tomato, pinto bean, black bean, cranberry bean, vegetable stock, onion, red bell pepper, green bell pepper, poblano pepper, sherry vinegar, garlic, guajillo chile, ancho chile, pasilla chile, coffee, dark chocolate, scallion, cumin, coriander, paprika, chili powder, aji amarillo, salt, pepper **La Cosecha Tortilla Chips:** Corn, water, lime, canola oil, salt **Cilantro Lime Crema:** Sour cream, heavy cream, lime, cilantro, salt, pepper

Contains: Beef, chocolate, milk

③ FARM-TO-FREEZER

Milpa's roasted adobo squash with black beans and 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