

PASTURE AND PLENTY

MAY 8, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

We're excited to share the meals we've crafted with you! Look for bright, fresh and bold flavors to dominate: like chermoula, an herby, piquant North African sauce similar to pesto; a bright, lemony spelt berry salad to mix into your greens-filled soup; and multitude of spices (ginger, cumin, coriander, star anise, clove, pepper, cinnamon, nutmeg, turmeric, cardamom and Thai chile) of our cashew coconut chickpea curry. Our tastebuds can't wait!



chicken chermoula ciabatta sandwich with pickled carrots and local spinach with lemon vinaigrette



lemony white bean soup with turkey and greens and warm spelt berry salad



chickpea coconut cashew curry 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:

Madison Sourdough Co.
Winterfell Acres
Meadowlark Organics
Happy Valley Farm
Elderberry Hill Farm
Vitruvian Farm
Sartori Cheese
Saffi Saana

EXTRA GOODNESS

peach chia jam

Instructions: Keep refrigerated and enjoy within 5 days!

Ingredients: Peaches, chia seeds, honey

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

chicken chermoula ciabatta sandwich

with pickled carrots and local spinach with lemon vinaigrette

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Chicken Breast

Ciabatta

Chermoula

Pickled Carrots

Spinach

Lemon Vinaigrette

PAIR WITH the natural and fresh Mother Rock "Force Celeste" Chenin Blanc or with the light and crisp To Those Who Wait Czech-Style Pilsner from Working Draft

- 1 To cook the chicken breast, heat a heavy skillet over high heat. Season your chicken breast with salt and pepper. Add a generous splash of olive oil to the pan and carefully place the chicken breast in the pan, rounded side down. Turn the heat to medium. Cook without moving until the chicken is deeply golden brown and releases easily from the pan, 5 to 6 minutes. Carefully flip the breasts and continue cooking. Cook until the juices run clear and an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, about 7 to 12 minutes, depending on the thickness of each breast. When cool enough to touch, thinly slice the chicken against the grain at an angle.
- 2 While the chicken is cooking, split your ciabatta rolls in half and lightly toast.
- 3 Once the chicken is cool enough to touch, thinly slice the chicken against the grain at an angle.
- 4 To assemble the sandwiches, generously spread chermoula on the top and bottom slices of the toasted ciabatta. Divide the chicken slices among the ciabatta bottoms. Top the chicken slices with pickled carrot, and then a bit of spinach. Cover with the ciabatta tops and press down slightly to adhere. Cut in half.
- 5 Toss remaining spinach with desired amount of lemon vinaigrette and serve next to chicken sandwiches. Dig in!

Ciabatta: Flour, water, olive oil, salt, yeast **Chermoula:** Canola oil, red pepper, cilantro, parsley, chive, mint, lemon, garlic, red wine vinegar, salt, paprika, cumin, cayenne **Pickled Carrots:** Carrot, water, white vinegar, champagne vinegar, sherry vinegar, salt, sugar, garlic, pink peppercorn, mustard seed, chile de arbol, bay leaf **Lemon Vinaigrette:** Canola oil, champagne vinegar, dijon mustard, honey, lemon, olive oil, salt, tarragon, pepper, chile flake, water **Chicken, Spinach**

Contains: Wheat, poultry

② READY-TO-EAT

lemony white bean soup

with turkey and greens and warm spelt berry salad

Heat soup in a saucepan over medium-low heat until hot, about 6 to 8 min. Stir occasionally and, if needed, add a splash of water to thin out.

In a separate pan, reheat the spelt berry salad over low heat, until hot, about 6 to 8 minutes.

Ladle the piping hot soup into your bowl and mound some of the warm spelt berry salad in the middle. Top with sarvecchio cheese and enjoy!

White Bean & Turkey Soup: Chicken stock, white bean, turkey, onion, carrot, swiss chard, rainbow chard, garlic, ginger, tomato paste, olive oil, smoked paprika, salt, pepper, red chile flake, lemon, herbs **Spelt Berry Salad:** Spelt, lemon, salt, pepper, bay leaf, chile de arbol **Sarvecchio:** Milk, salt, culture, enzyme

Contains: Poultry, wheat, dairy (optional)

③ FARM-TO-FREEZER

chickpea coconut cashew curry

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