

# PASTURE AND PLENTY

JUNE 26, 2023 | OMNIVORE

## HOORAY, IT'S MONDAY!

Get excited to feast on a taco salad kit with zesty ranch and chopped black bean salsa, creamy pea-filled mattar paneer with brown rice, followed by loaded vegetable lo mein this week! And, as an extra special treat, double chocolate cupcakes for all. Yes, you heard us. CUPCAKES. We're celebrating our 6th Birthday and wanted to send a little birthday love to our favorite people. Thank you for helping us reach this milestone, friends!



**grilled chicken taco salad kit  
with jalapeño cilantro ranch and chopped  
black bean salsa**



**mattar paneer with brown rice**



**loaded vegetable lo mein with  
roasted pork and Vitruvian mushrooms**



### PRODUCER SPOTLIGHT

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

La Cosecha

Elderberry Hill Farm

Alsum Sweet Corn

Driftless Organics

Vitruvian Farm

Winterfell Acres

Saffi Saana

### EXTRA GOODNESS

## double chocolate birthday cupcakes

Instructions: Keep cupcakes and buttercream refrigerated. To assemble: bring both to room temperature; then, use a butter knife or offset spatula to frost the cupcakes. Enjoy within 5 days!

Ingredients: Chocolate Cake (sugar, ap flour, buttermilk, coffee, cocoa powder, oil, eggs, baking soda, vanilla, baking powder, salt), chocolate buttercream (powdered sugar, cocoa powder, butter, milk, vanilla)

Contains: *Wheat, egg, milk, 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

**grilled chicken taco salad kit with jalapeño cilantro ranch and chopped black bean salsa**

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

Chicken Thighs

Taco Spice Rub

Vegetable Bag

Zesty Jalapeño Cilantro Ranch

Shredded Cheese

Chopped Black Bean Salsa

Pickled Red Onions

Tortilla Chips

PAIR WITH the crisp and lively Sylvain Miniot Saint-Pourçain Rosé or with balanced New Glarus Moon Man No Coast Pale Ale

GRILLING INSTRUCTIONS

- 1 Preheat grill for medium-high heat. While the grill is preheating, get your prep on! Crumble the tortilla chips up into bite-sized pieces. Cut the stem end off of your lettuce head(s) and roughly chop (or tear) lettuce, then wash and dry it. Remove your chicken thighs from their packaging, coat with a thin layer of olive oil and season (to taste) with the spice rub.
- 2 Place chicken thighs on the pre-heated grill and cook, flipping every 2 minutes or so until well-browned and the internal temperature (of the thickest part of the thigh) as measured with an instant-read thermometer is 165°F. Remove chicken thighs from the grill and chop into slices or large chunks.
- 3 While the chicken is grilling, build your taco salads. In individual large bowls (or plates), layer the salad as follows: lettuce, then drizzle about half of the zesty ranch over it, sprinkle on the shredded cheese, scatter the chopped bean salsa, and then remove the pickled red onions from their liquid and place on top.
- 4 Top the salads with the grilled chicken, drizzle with the remainder of the zesty ranch and sprinkle tortilla chips over everything. Enjoy!!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, heat a small amount of olive oil in a skillet over medium-high heat. Place chicken thighs in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 165°F.

**Chicken Thighs:** Keep Refrigerated **Taco Spice Rub:** Cumin, onion powder, garlic powder, oregano, paprika, turmeric, coriander, la mesa chile powder, cayenne, salt, pepper **Vegetable Bag:** Head Lettuce **Zesty Jalapeño Cilantro Ranch:** Buttermilk, sour cream, mayonnaise (canola oil, egg, dijon mustard, red wine vinegar, salt, pepper), jalapeño, cilantro, garlic powder, onion powder, cumin, paprika, cayenne, salt, pepper **Shredded Cheese:** Cheddar (milk, culture, salt, enzyme, annatto), monterey jack (milk, culture, salt, enzyme), potato starch **Chopped Black Bean Salsa:** Black bean, corn, red onion, avocado, red bell pepper, green bell pepper, jalapeño, cilantro, scallion, lime, salt, pepper **Pickled Red Onions:** Red onion, white wine vinegar, champagne vinegar, water, sugar, salt, pink peppercorn, coriander, bay leaf, chile de arbol **Tortilla Chips:** Non-gmo corn, non-gmo cold press canola oil, sea salt, trace of lime

Contains: Poultry, milk, egg, cinnamon/nutmeg

② READY-TO-EAT

**mattar paneer with brown rice**

Reheat mattar paneer in a saucepan over medium-low heat for 6 to 8 minutes, until steaming hot. If necessary, add a splash of water to loosen the curry.

In a separate sauce pan, reheat rice over medium-low heat for 4 to 6 minutes, until hot, adding a tablespoon or so of both oil and water to the pan.

Divide the rice and mattar paneer among plates. Dig in!

**Mattar Paneer:** Tomatoes, cashews, onion, peas, paneer (pasteurized milk, vinegar), heavy cream, garlic, ginger, garam masala (spices including cinnamon), turmeric, cumin, kashmiri chile powder, salt, pepper **Brown Rice:** Brown rice, water, salt

Contains: Milk, tree nut (cashew), cinnamon/nutmeg

③ FARM-TO-FREEZER

**loaded vegetable lo mein with roasted pork and Vitruvian mushrooms**

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