

PASTURE AND PLENTY

JULY 10, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

Summer's sweeter-than-sweet cherry tomatoes are starting to roll in and we are more than ready! We snapped up as many as we could find from our farm partners and we're loading up the meal kit with them! Look for: a summery pasta with burst cherry tomatoes, zucchini and herbed ricotta; a galette full of mozzarella and roasted cherry tomatoes and summer squash; and our fan-favorite cherry tomato ragù over creamy, lemony polenta. Tomato lovers unite!



Sal's pasta with zucchini, cherry tomatoes, herbed ricotta and roasted chicken



Tart's summer vegetable and mozzarella galette with greens and double mustard vinaigrette



beef, onion and cherry tomato ragù over lemony goat cheese polenta



PRODUCER SPOTLIGHT

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

Sal's Tomato Pies
Winterfell Acres
Vitruvian Farms
Elderberry Hill Farm
Tart
La Cosecha
Montchevre
Saffi Saana

EXTRA GOODNESS

brown butter chocolate chip cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place cookies on parchment-lined or greased cookie sheet and flatten to ~ 1/2" thick rounds. Bake in preheated oven for ~10-12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt

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

Sal's pasta with zucchini, cherry tomatoes, herbed ricotta and roasted chicken

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Sal's Pasta

Herbed Ricotta

Chicken

Pesto

Vegetable Bag

PAIR WITH

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

1 Remove the vegetables from their bag. Rinse and dry the zucchini, radish, kale and cherry tomatoes. Slice the ends off the zucchini and slice into 1/4-inch thick coins, peel and slice the radish thinly, then de-stem and roughly chop the kale. Set aside.

2 Heat a few tablespoons of olive oil in a large sauté pan over medium heat until just beginning to shimmer in the pan. Season chicken breast with salt and pepper and add to shimmering oil. Cook until browned, 4 to 5 minutes, flip and continue cooking, 4 to 5 minutes more, until it reaches an internal temp of 165°F (as measured on an instant-read thermometer). Remove from pan and let rest.

3 Wipe out pan and heat with a few more tablespoons of olive oil over medium-low heat. Add zucchini and radish to pan, season with salt and pepper, and cook, stirring occasionally to prevent from sticking, about 5 minutes. Add the cherry tomatoes and kale and cook until the tomatoes burst, about 5 more minutes.

4 Meanwhile, bring a large pot of salted water — salty like the sea — to a boil over high heat; drop in pasta and cook until tender with a bite, about 3 minutes. Drain pasta, reserving a cup or so of pasta cooking water; set aside.

5 Add cooked pasta to the sauté pan with the vegetables and turn heat to medium-high. Add some of the cooking water (1/4 to 1/2 cup), then the ricotta, stirring to distribute. Check seasoning and adjust. Cook for 1 minute more. Mixture should look creamy. Add a little more pasta water if necessary. Add the pesto and quickly stir to incorporate.

6 Spoon pasta onto individual serving plates; top with roasted chicken. Enjoy!

Pasta: Semolina (wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water **Ricotta:** Ricotta, garlic scape, scallion, rosemary, thyme, parsley, chive, lemon, olive oil salt **Chicken:** Keep Refrigerated **Pesto:** Spinach, pepitas, parmesan (milk, salt, culture, enzyme) canola oil, arugula, basil, red wine vinegar, lemon, garlic, salt, pepper **Vegetables:** Zucchini, cherry tomatoes, kale, radish

Contains: Milk, wheat, poultry

② READY-TO-EAT

Tart's summer vegetable and mozzarella galette with greens and vinaigrette

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. Enjoy!

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 (pasteurized cream, natural flavoring), zucchini, summer squash, bell pepper, cherry tomato, onion, mushroom, fresh herbs, garlic scapes, red pepper flake, mozzarella (pasteurized milk, cheese cultures, salt, enzymes) **Vinaigrette:** Canola oil, dijon mustard, apple cider vinegar, honey, spring garlic, shallot, mustard seed, salt, thyme, turmeric, allspice **Greens**

Contains: Mushroom, wheat, milk

③ FARM-TO-FREEZER

beef, onion and cherry tomato ragù over lemony goat cheese polenta

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