

# PASTURE AND PLENTY

AUGUST 28, 2023 | OMNIVORE

## HOORAY, IT'S MONDAY!

We've got a great, summery menu for you, friends! Get excited for: a sheet pan ratatouille kit with allll the summer veg, goat cheese, olives and rockfish from Sitka Seafood Market; a creamy coconut corn soup (vegan!) with a charred corn and shishito pepper salsa and a sourdough bread from MSCo; and everyone's fave, smothered burritos with salsa verde and chicken. Oh, and some creamy overnight oats for a quick brekkie on the go!



### sheet pan ratatouille kit with Sitka Seafood Market rockfish



### coconut corn soup with charred sweet corn shishito salsa and MSCo seed & grain bread



### smothered chicken burritos with salsa verde



## PRODUCER SPOTLIGHT

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

Sitka Seafood Market

Elderberry Hill Farm

Winterfell Acres

Saffi Saana

Alsum Sweet Corn

Madison Sourdough Co.

Vitruvian Farms

## EXTRA GOODNESS

### overnight oats with cranberries and coconut

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: oats, milk, cranberries, flax seed, chia seed, coconut flake, maple syrup, cinnamon

Contains: Milk, coconut

## 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

## sheet pan ratatouille kit with Sitka Seafood Market rockfish

PREP & COOK TIME

55  
MINUTES

IN YOUR BAG

Sitka Rockfish (keep frozen)

Olives and Goat Cheese

Herb, Lemon & Garlic Oil

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 Preheat oven to 425°F. While oven is preheating, wash, dry and then prep your vegetables. Trim the ends off of the zucchini (and/or summer squash) and slice into 1/4" thick rounds. Cut the eggplant into 1" cubes, discarding the ends. Peel the papery outer layer of the cippolini onion, cut off both ends, slice in half and cut into 1" thick wedges (going with the grain of the onion). Cut off the stem end of the pepper, remove the core and seeds, then cut into 1/2" thick slices. Place the veg on a sheet pan (meal kits for 4 may require a second pan), toss the veg (except for the tomatoes) with all but a tablespoon or so of the herb oil and place in the preheated oven.
- 2 Roast vegetables for about 25 minutes, stirring the vegetables two or three times. While the veggies are roasting, remove your rockfish from the freezer, coat it with the remaining herb oil and season it with salt and pepper.
- 3 After 25 minutes, remove the veggies from the oven. Move some of the veg to make space and add the fish to the baking sheet in the empty spaces, scatter the tomatoes over everything on the baking sheet, then continue to roast for another 15 to 20 minutes. When done, the rockfish should flake easily with a fork, the tomatoes should burst and the zucchini should turn deeply golden brown. The vegetables will become very caramelized, and that's a good thing.
- 4 Drizzle vegetables with another 1 tablespoon or so of olive oil if looking dry, then sprinkle goat cheese and olives over the top. Roast until goat cheese is a bit soft and just warmed through, about 5 minutes.
- 5 Serve ratatouille on each plate and top with Rockfish. If you have some, a bit of lemon juice squeezed over the top would be a great finishing touch. Enjoy!

**Sitka Seafood Market Rockfish:** Keep frozen before cooking  
**Olives and Goat Cheese:** Goat cheese, heavy cream, kalamata olive, garlic, dill, chive, parsley, lemon, salt, pepper  
**Herb, Lemon & Garlic Oil:** Olive oil, canola oil, garlic, lemon, thyme, red pepper flake, bay leaf, chile de arbol, peppercorn  
**Vegetable Bag:** Cippolini onion, cherry tomato, eggplant, zucchini and/or summer squash, bell pepper

Contains: Fish, olive, milk

② READY-TO-EAT

## coconut corn soup with charred sweet corn shishito salsa and bread

Heat soup in a saucepan over medium heat for 6 to 8 minutes, until steaming hot. Stir occasionally and thin with a splash of water, if necessary.

Slice and toast the seed & grain bread.

Give salsa a quick stir to recombine everything.

Serve soup with a dollop of salsa on top and toasted bread alongside. Enjoy!

**Coconut Corn Soup:** Corn stock, coconut milk, red potato, corn, onion, poblano pepper, jalapeño pepper, lemongrass, lime, ginger, garlic, salt, cilantro  
**Charred Corn Salsa:** Corn, shishito pepper, serrano pepper, olive oil, shallot, salt, lime, pepper  
**MScO Seed & Grain Bread:** Flour, water, salt, steel cut oats, sunflower seeds, sesame seeds, flax seeds

Contains: Coconut, wheat (optional), sesame (optional)

③ FARM-TO-FREEZER

## smothered chicken burritos with salsa verde

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