

# PASTURE AND PLENTY

SEPTEMBER 5, 2023 | OMNIVORE

## HOORAY, IT'S TUESDAY!

We hope you enjoyed your holiday weekend! Look forward to a great, end of summer menu to ease you back into the week. Think: smoky-spicy burgers on ciabatta rolls with a creamy, spiced aioli and a crunchy, fresh bahn mi-style slaw; a breakfast for dinner dish of baked polenta topped with creamy refried beans, chunky tomato-veg salsa, cheese, eggs and shredded chicken; and, last but not least, an herby minestrone chockfull of tomatoes and mozzarella!



**smoky chili-garlic pork  
burgers on MSCo ciabatta with bánh  
mì-style slaw**



**polenta, egg and refried bean  
skillet bake with shredded chicken**



**herby minestrone  
with tomatoes and mozzarella**



### PRODUCER SPOTLIGHT

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

Enos Farms  
Madison Sourdough Co  
Winterfell Acres  
Elderberry Hill  
La Cosecha  
Tina's Flock  
Happy Valley Farm  
Vitruvian Farms  
Saffi Saana  
Sartori Cheese  
Hook's Cheese

### EXTRA GOODNESS

### roasted carrot muffins

Instructions: Store at room temperature and enjoy within 3 days. Best enjoyed briefly warmed up in a microwave or toaster oven and slathered with butter.

Ingredients: Carrots, ap flour, sugar, milk, orange, egg, butter, crystallized ginger, baking powder, baking soda, salt, vanilla

Contains: *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

# smoky chili-garlic pork burgers on MSCo ciabatta with bánh mì-style slaw

PREP &  
COOK TIME

55  
MINUTES

GRILLING INSTRUCTIONS

- 1 Preheat a grill for medium high heat.
- 2 Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly. Season the burger patties with sal.
- 3 Grill burgers on the preheated grill, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160°F, about 8 to 12 minutes, or to desired doneness.\*
- 4 Slice ciabatta in half and grill or toast briefly. Give the slaw a quick stir to redistribute the dressing.
- 5 Place burger on toasted bottom half of ciabatta; top with the aioli and a bit of slaw and top half of ciabatta. Serve the remainder of the slaw alongside the assembled burgers and dig in!

STOVETOP INSTRUCTIONS

Follow instructions above, but instead of using a grill, heat a small amount of olive oil or butter in a skillet over medium high heat. Place burgers in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160°F, or to desired doneness.\*

*\*Consuming raw or undercooked burgers may increase your risk of foodborne illness.*

**Pork Burger Mix:** Pork, sambal oelek, smoked paprika, salt, pepper **Ciabatta:** Flour, water, olive oil, salt, yeast **Chili Garlic Aioli:** Mayonnaise (sunflower oil, egg, water, vinegar, lemon salt, sugar), garlic, sambal oelek, lime, salt, pepper **Bánh Mi-style Slaw:** Green cabbage, pickled carrot (carrot, white vinegar, apple cider vinegar, sugar, salt, pepper), cucumber, cilantro, sugar, salt, lime, lemon

Contains: Pork, wheat, egg

IN YOUR BAG

Pork Burger  
Mix

Ciabatta

Chili Garlic  
Aioli

Bánh Mì-style  
Slaw

PAIR WITH

the fruity and spicy Zillmina Organic Spanish Red Wine or the refreshing and crisp New Glarus Moon Man No Coast Pale Ale

② READY-TO-EAT

# polenta, egg and refried bean skillet bake with shredded chicken

Grab an oven-safe skillet: Meal Kits for 1 need an 8" pan; Meal Kits for 2 need a 10" pan; and Meal Kits for 4 need an 12" pan. Alternatively, you could use a 9"x5" bread pan, an 9"x9" baking pan or a 9"x15" baking dish.

Pat polenta down in the skillet and evenly cover the bottom. Next spread refried beans over the top of the polenta, followed by salsa. Scatter shredded chicken/roasted cauliflower over it all before sprinkling cheese over everything. Last, pour crack eggs on top. Generously season with more salt and pepper.

Bake for 25 to 35 minutes or until egg whites are set. If desired, drizzle a bit of hot sauce on top and dig in!

**Polenta:** La Cosecha stone ground hominy grits, water, heavy cream, salt, red wine vinegar **Refried Beans:** Pinto bean, water, onion, garlic, oregano, salt, red wine vinegar, salt, pepper **Chunky Salsa:** Tomato, onion, bell pepper, eggplant, spinach, red wine vinegar, salt, sugar, pepper, red chile flake **Cheese Blend:** Mozzarella (milk, salt, culture, enzyme), provolone (milk, salt, culture, enzyme), pepperjack (milk, salt, chili, culture, enzyme), cheddar (milk, salt, culture, enzyme, annatto) **Shredded Chicken:** Chicken, salt, onion powder, garlic powder, cumin, coriander, paprika, red wine vinegar **Eggs**

Contains: Poultry, egg, milk

③ FARM-TO-FREEZER

# herby minestrone with tomatoes and mozzarella

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](http://pastureandplenty.com)

M 3:30pm-7:30pm T-F 11am-7pm  
SAT 9am-1pm