

PASTURE AND PLENTY

SEPTEMBER 25, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

And there's a great line-up for today! Look for: crispy panko-topped buffalo salmon with a warm quinoa salad with kale and roasted mushroom, a side of roasted broccoli and blue cheese crumbles; a last-gasp of summer panzanella salad with roasted cherry tomatoes, sweet corn, toasted Madison Sourdough bread, mozzarella and kale; and a creamy, tomatoey and fragrant butter chicken with cauliflower, broccoli and rice! Oh, and did we mention the macaroons?



crispy buffalo salmon with warm kale quinoa salad, roasted broccoli and blue cheese crumbles



panzanella with mozzarella, roasted tomatoes, corn and kale



butter chicken with cauliflower, broccoli and white rice



PRODUCER SPOTLIGHT

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

- Green Barn Farm
- Winterfell Acres
- Vitruvian Farm
- Alsum's Sweet Corn
- Madison Sourdough Co.
- Saffi Saana

EXTRA GOODNESS

dark chocolate macaroons

Instructions: Store at room temperature and enjoy within 3 days!

Ingredients: Coconut, cocoa powder, maple syrup, coconut oil, vanilla extract, salt

Contains: Coconut, 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

crispy buffalo salmon with warm kale quinoa salad, roasted broccoli and blue cheese crumbles

PREP & COOK TIME

60
MINUTES

IN YOUR BAG

Bering Bounty Salmon (Keep Frozen)

Buffalo Sauce

Panko

Broccoli

Quinoa Salad

Blue Cheese Crumbles

PAIR WITH

the complex and juicy American Wine Project "Social Creature" Sablevois Rosé or the light and crisp To Those Who Wait Czech-Style Pilsner from Working Draft

1 To safely quick-thaw your fish: keep it in the vacuum-sealed packaging and submerge in cold tap water, changing water every 30 minutes; it should take 30 minutes to an hour. Prepare and consume fish immediately after thawing.

2 Preheat oven to 425°F. Line a sheet pan — large enough to fit all your salmon and broccoli — with parchment paper. Meal Kits for 4 may need to use two sheet pans.

3 Wash and dry your broccoli. Trim ends and cut into large florets, about 1 1/2" to 2" long; slice stems into 1/4" thick coins. Toss broccoli with olive oil, salt and pepper and arrange in a single layer on the sheet pan, cut-sides down. Roast broccoli for about 5 minutes on its own.

4 While broccoli is roasting, remove salmon from packaging; rub the flesh side of your salmon with olive oil and then season with salt and pepper. Reserve half of your buffalo sauce for later; brush the flesh side of the salmon with the remainder (or to taste). Remove sheet pan with broccoli from the oven and nestle salmon amongst the broccoli. Toss panko with a bit of olive oil and pat it evenly over the top of the fish, pressing lightly to adhere to the sauce. Return pan to the oven.

5 Roast the salmon and broccoli for about 10 to 15 more minutes. Bake until the broccoli is browned and crisp-tender, the panko is golden and the fish is cooked to taste. The salmon tail or belly should begin to crack slightly — flesh should flake gently away and be slightly translucent at the skin of the thickest point (the USDA recommends cooking salmon to 145°F or well-done). Generally, you'll need about 10 minutes of cooking per inch of thickness (or height) of your salmon fillet. Once cooked, salmon can easily be removed from the skin, if desired.

6 Meanwhile, gently reheat the quinoa in a saucepan over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking.

7 Plate warm quinoa, top with buffalo salmon and roasted broccoli. Drizzle everything with the reserved buffalo sauce and sprinkle with the crumbled blue cheese. Dig in!

Salmon: Keep frozen **Buffalo Sauce:** Frank's Red Hot (aged cayenne red peppers, distilled vinegar, water, salt and garlic powder), butter, garlic, onion, salt **Panko:** flour, canola oil, yeast **Quinoa:** Red quinoa, white quinoa, kale, oyster mushroom, onion, olive oil, red wine vinegar, salt, pepper **Blue Cheese:** Pasteurized cultured cow's milk, salt, enzymes, penicillium roqueforti **Broccoli**

Contains: Fish, milk, wheat (optional), mushroom

② READY-TO-EAT

panzanella with mozzarella, roasted tomatoes, corn and kale

Place the kale and mozzarella, roasted vegetables and croutons in a large bowl. Toss gently, then pour in half of the vinaigrette and toss again until well combined.

Taste and adjust the seasonings, adding more vinaigrette, salt and pepper as desired.

Plate the panzanella and enjoy!

Kale & Mozzarella: Kale, mozzarella (milk, salt, culture, enzyme)

Croutons: Madison Sourdough Co bread (flour, water, salt, rosemary), olive oil, salt **Roasted Vegetables:** Cherry tomato, bell pepper, red onion, corn, olive oil, salt, pepper

Vinaigrette: Canola oil, white wine vinegar, lemon, Dijon mustard, honey, thyme, salt, pepper

Contains: Wheat, milk

③ FARM-TO-FREEZER

butter chicken with cauliflower, broccoli and white 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
608.665.3770 • pastureandplenty.com

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