

OCTOBER 9, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

We're ushering in the cooler temps with a great menu this week, y'all! Look for: fresh gnocchi sardi pasta from Sal's tossed with house-made arugula pesto (made with pepitas, not pine nuts, as always) and roasted veggies and chicken; our fave sweet potato sandwich on MSCo ciabatta topped with a bell pepper salsa and cilantro crema, with a chickpea salad to serve alongside; and some lemony white bean soup with turkey & greens! Cozy, comforting food for Fall.

**arugula and pepita pesto
pasta** with roasted chicken and
vegetables

**blackened sweet potato
sandwich** on MSCo ciabatta
with spiced chickpea salad

lemony white bean soup
with turkey and greens

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

Saffi Saana

Sartori Cheese

Elderberry Hill Farm

Vitruvian Farm

Madison Sourdough Co.

Happy Valley Farm

EXTRA GOODNESS

baked apple fritter

Instructions: Keep refrigerated. Bring to room temperature before eating and enjoy within 3 days.

Ingredients: Fritters (apple, ap flour, white whole wheat flour, brown sugar, milk, butter, egg, baking powder, cinnamon, vanilla, nutmeg, allspice, salt), glaze (milk, powdered sugar, light corn syrup).

Contains: Milk, wheat, egg

① THE COOK KIT

arugula and pepita pesto pasta with chicken & vegetables

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Chicken
(Refrigerate)

Arugula Pesto

Vegetable Bag

Sal's Gnocchi
Sardi

PAIR WITH
the fresh and
chalky Jean
Marc Barthez
Bordeaux Blanc
or
with the crisp
and drinkable
M.C. Ham-
merschlagen
Oktoberfest
from Eagle
Park Brewing

- 1 Preheat oven to 425°F and get your prep on! Wash and dry vegetables. Trim tops and bottoms of radishes, then cut in half or quarters (depending on size); cut off stem ends of the peppers, de-seed them and cut into rough 2-inch chunks; de-stem kale and roughly chop. In a bowl, season radishes and peppers with salt, pepper, and a splash of olive oil; set kale aside for later.
- 2 Remove chicken from packaging and place chicken on one half of a sheet tray, coat with olive oil and season generously with salt and pepper. Place radishes and peppers on the other half.
- 3 Roast chicken and vegetables for 10 minutes, then flip chicken and stir the veg. Return to oven and cook for about 10 to 15 more minutes. The chicken should have an internal temperature of 165°F* and be golden brown all over. The veg should have caramelized edges and be slightly softened. Take tray out of oven and set aside.
- 4 While chicken and veg are cooking, prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. With your hands, gently loosen the pasta. Once the water is at a roiling boil, carefully place it into the water. Stir immediately to prevent the pasta from sticking together. Reduce the heat to a gentle boil to and cook for 4 to 5 minutes or until preferred al dente texture and drain, reserving a bit of pasta cooking water for later.
- 5 Meanwhile, heat 1 to 2 tablespoons of oil in a large sauté pan over medium-high heat until just beginning to smoke. Add kale to pan and cook, undisturbed, until wilted and softened, about 5 minutes. Season with salt and pepper, stir veg, and lower the heat to medium. Add the pesto to the pan, along with a little pasta water to thin it out. After a few seconds, add the gnocchi sardi and the roasted radish and peppers. Toss to coat everything evenly and cook for a minute or two to combine it all and get everything nice and hot. While it's heating, slice chicken into strips.
- 6 Divide pasta onto plates and top with the sliced chicken. Buon appetito!

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

Chicken: Refrigerate **Pesto:** Canola oil, pepitas, parmesan (milk, salt, culture, enzyme), arugula, basil, red wine vinegar, salt, red chili flake **Sal's Gnocchi Sardi:** Semolina (wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water **Vegetable Bag:** Snack peppers, red radish, kale

Contains: Poultry, milk, wheat

② READY-TO-EAT

blackened sweet potato sandwich

Preheat oven to 350°F. Place the sweet potatoes on a baking sheet and bake until hot, about 10 minutes. Or, heat in the microwave on high until hot, about 2 to 3 minutes.

Slice the ciabatta in half and heat in the preheated oven or a toaster oven until lightly browned. Spread the crema on both halves of the toasted ciabatta. Then, on the bottom half, layer on the sweet potatoes, salsa and arugula. Finish with the top half of ciabatta.

Plate the sandwiches, give the chickpea salad a good stir and serve on the side. Dig in!!

Sweet Potato: Sweet potato, olive oil, cumin, paprika, chile powder, onion powder, garlic powder, brown sugar, salt, pepper **Crema:** Sour cream, heavy cream, cilantro, lime, salt, pepper **Salsa:** Assorted bell peppers, cherry tomato, tomato, rice vinegar, cilantro, sugar, salt, pepper, lime juice **Chickpea Salad:** Chickpea, red onion, cucumber, feta, garlic, lemon, parsley, turmeric, salt, pepper **Ciabatta:** Flour, water, salt, yeast **Arugula**

Contains: Milk, wheat

③ FARM-TO-FREEZER

lemony white bean soup with turkey and greens

See label for instructions and ingredients.

GET IN TOUCH

2433 University Avenue
608.665.3770 • pastureandplenty.com

M 3:30pm–7:30pm **T-F** 11am–7pm
SAT 9am–2pm