

PASTURE AND PLENTY

NOVEMBER 13, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for a great line-up of meals! First up is an easy sheet pan dinner of roasted chicken and vegetables, this time livened up with a gochujang marinade, adding a salty, spicy and umami-rich layer of flavor. Then, there's our classic shakshuka, eggs baked in a tomato-red pepper sauce, enriched with goat cheese. Last, there's one of our favorite cold weather soups, hearty sausage with nutty farro, caramelized onions and silky-soft cabbage! Enjoy!



sheet pan gochujang chicken thighs and vegetables with scallion rice



shakshuka with herb roasted potatoes, egg and pita



Italian sausage, cabbage, onion and farro soup



PRODUCER SPOTLIGHT

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

Winterfell Acres
Elderberry Hill Farm
Tina's Flock
Driftless Organics
Vitruvian Farms
Saffi Saana
Montchevre

EXTRA GOODNESS

ice box cookies

Instructions: Keep refrigerated for up to 7 days. Bring to room temperature to enjoy!

Ingredients: Cake flour, butter, sugar, eggs, cocoa powder, vanilla and salt

Contains: *Wheat, milk, 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

sheet pan gochujang chicken & vegetables with scallion rice

PREP &
COOK TIME

60

MINUTES

IN YOUR BAG

Chicken Thighs

Vegetable Bag

Gochujang
Marinade

Scallion Rice

PAIR WITH
the dynamic
and crisp
Xarmant
Txakoli
or
with the crisp
and drinkable
Up North
Wisconsin
Lager from
One Barrel

- 1 Preheat oven to 425°F. Wash and dry vegetables. Set the radish and snack peppers aside. Peel and trim the carrots and turnips; cut into roughly 1.5" cubes. For the delicata squash, trim the ends, slice in half, then deseed. Cut into roughly 1.5" cubes. There is no need to peel the squash; delicata skin is thin and edible.
- 2 Toss the chopped veggies in a bowl with the gochujang marinade, adding the marinade to taste. If it's too spicy, simply add less and, if needed, toss the veggies a bit of olive oil and season with salt and pepper. Transfer the veggies to a rimmed baking sheet.
- 3 Season your chicken with salt and toss to coat in whatever is left of the glaze in the bowl. Arrange the chicken pieces skin-side up between the vegetables on the sheet pan, drizzle with any marinade remaining in the bowl, and place in the pre-heated oven and roast for 20 minutes.
- 4 While tempeh and vegetables are roasting, trim and deseed the snack peppers; halve or quarter them.
- 5 Stir the veggies after 20 minutes and add the snack peppers to the pan. Roast for another 20 minutes or so until vegetables are tender, chicken is cooked through and the skin crispy and browned in spots. An instant-read thermometer should read 165°F when inserted in the thickest part of the chicken thigh.
- 6 During the second half of roasting, cut the radishes into thin rounds using a sharp knife or a mandoline. In a small bowl, toss the radish slices with a large pinch of sugar and a smaller one of salt (about 3:1 ratio) and set aside to lightly pickle. If you wanted, you could also use a splash of rice vinegar or some sesame oil, but they'll be perfect with just sugar and salt, too.
- 7 Next, warm the scallion rice in a saucepan over medium-low heat, adding a little water and stirring occasionally, until hot, about 8 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave on Medium High until hot, 3 to 8 minutes; stir halfway through heating time.
- 8 Plate the roast chicken and vegetables, top with the quick-pickled radishes and serve the scallion rice alongside. Enjoy!

Vegetable Bag: Turnip, radish, rainbow carrot, delicata squash, snack pepper **Gochujang Marinade:** Gochujang (wheat flour, corn syrup, water, hot pepper powder, salt, wheat, distilled alcohol, defatted soybean powder, koji), soy sauce, rice vinegar, sesame oil, brown sugar, ginger, salt **Scallion Rice:** White rice, water, scallion, salt, pepper **Chicken Thighs Contains:** *Wheat, soy, sesame, poultry*

② READY-TO-EAT

shakshuka with herb roasted potatoes, egg and pita

Preheat oven to 400°F. Place potatoes on a sheet pan and reheat in the oven for about 12 to 15 minutes, until crispy.

Meanwhile, reheat shakshuka in an oven-safe sauté pan over medium heat until hot, about 5 min. Gently crack eggs into pan over shakshuka. Season eggs with salt and pepper. Transfer pan to oven and bake until eggs are just set, 7 to 10 min.

Heat pita in the oven on the sheet pan with the potatoes for a minute or two, until warm and pliant.

Divide potatoes onto plates, spoon shakshuka and eggs over the top of potatoes. Scoop up with pita and enjoy!

Shakshuka: Tomato, multicolor snack pepper, goat cheese (goat milk, cheese culture, rennet, salt), onion, garlic, cumin, turmeric, paprika, cayenne, coriander dill, parsley, chive, olive oil, salt, pepper **Roasted Potatoes:** Yellow potato, red potato, purple potato, olive oil, salt, thyme, chives, parsley **Pita:** Enriched wheat flour, water, contains 2% or less of soybean oil and /or canola oil, yeast, salt, sugar, dough conditioner, baking powder, nonfat dry milk, calcium propionate, potassium sorbate, yeast nutrients, whole wheat flour **Eggs**

Contains: Milk, egg (optional), wheat

③ FARM-TO-FREEZER

Italian sausage, cabbage, onion and farro soup

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, 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-2pm