

# PASTURE AND PLENTY

JANUARY 16, 2024 | OMNIVORE

## HOORAY, IT'S TUESDAY!

And we have a great line-up of cozy meals for you this week! Look for: carnitas taco kits with salsa verde and a cilantro slaw; a chicken panang curry, rich with coconut milk and crushed peanuts over brown rice; followed up with a classic roasted oyster mushroom, squash and bean risotto! Oh, and did we mention a (vegan) banana granola bar? The week's looking up, friends!



**carnitas taco kit**  
with salsa verde, pickled red onions,  
queso fresco and cilantro slaw



**chicken panang curry**  
with brown rice



**roasted oyster mushroom,  
squash and bean risotto**



### PRODUCER SPOTLIGHT

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

- Winterfell Acres
- La Cosecha
- Elderberry Hill Farm
- Vitruvian Farms
- Saffi Saana
- Sartori Cheese
- Sassy Cow Creamery

### EXTRA GOODNESS

## banana granola bar

Instructions: Store at room temperature for up to 3 days; store in the refrigerator for up to 1 week; or store in the freezer for up to 1 month. Enjoy!

Ingredients: Oats, pepitas, dates, black sesame seeds, golden raisins, maple syrup, sunbutter, banana chips

Contains: Sesame

### 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

**carnitas taco kit** with salsa verde, pickled red onions, queso fresco and cilantro slaw

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

- Carnitas
- Salsa Verde
- La Cosecha Tortillas
- Pickled Red Onions
- Queso Fresco
- Cilantro Slaw

PAIR WITH  
the spicy and fruity  
Hermanos Peciña  
Rioja Crianza Señorío de P. Peciña 2016  
or  
with the citrusy and hoppy  
Chaos Pattern Hazy IPA from 3 Sheeps Brewing

- 1 Position oven rack close to broiler; preheat broiler to High. Spread carnitas in a single layer on a foil-lined sheet tray, roast in oven until hot and crispy, about 3 to 5 minutes. Alternatively, reheat carnitas in a skillet over medium-high heat for about 3 to 5 minutes, until hot and crispy.
- 2 Reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.
- 3 Give the cilantro slaw a stir to redistribute the vinaigrette. Taste for seasoning and add extra salt or pepper, if desired. If you want a punchier slaw, feel free to add the vinegar from the pickled red onions!
- 4 Build tacos using carnitas, queso fresco, pickled red onions and the salsa verde. Serve the cilantro slaw alongside your tacos. Dig in!

**Carnitas:** Pork, onion, orange, brown sugar, beer, garlic, lime, salt, pepper, paprika, cumin, coriander, pepper **Salsa Verde:** Tomatillo, veggie stock, onion, poblano, cilantro, lime, salt, pepper **La Cosecha Tortillas:** Organic non-GMO corn, water, trace of lime **Pickled Red Onions:** Red onion, white vinegar, apple cider vinegar, salt, sugar **Queso Fresco:** Pasteurized whole milk, salt, enzymes, culture **Cilantro Slaw:** Green cabbage, red cabbage, carrot, cilantro, lime, apple cider vinegar, salt, sugar

*Contains: Pork, alcohol, milk (optional)*

② READY-TO-EAT

**chicken panang curry** with brown rice

Reheat panang curry in a sauté pan over medium-low heat for 6 to 8 minutes, until steaming hot. If necessary, add a splash of water to loosen the curry.

In a separate frying pan, reheat rice over medium heat for 4 to 6 minutes, until hot, adding a tablespoon or so of both oil and water to the pan.

Divide the rice and panang curry among plates. Dig in!

**Chicken Panang Curry:** Chicken, coconut milk, red bell pepper, onion, turnip, peanut butter, scallion, peanuts, ginger, red curry paste [dried chile pepper, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, coriander seed, cumin, cardamom, citric acid], lime juice, cumin, coriander, fish sauce, Thai basil, salt, makrut lime leaf **Brown Rice:** Brown rice, water, salt, chile de arbol, bay leaf

*Contains: Peanut, coconut, poultry, fish, soy, wheat*

③ FARM-TO-FREEZER

**roasted oyster mushroom, squash and bean risotto**

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  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)  
**M** 3:30pm-7:30pm **T-F** 11am-7pm  
**SAT** 9am-2pm