

PASTURE AND PLENTY

JANUARY 29, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for this week's delicious line-up of meals! Look for: oven-caramelized roasted sweet potatoes with a fragrant coating of toasted coconut, sesame seeds and sizzled aromatics with turmeric roasted chicken breasts; a nutty farro and roasted root vegetable salad in a harissa vinaigrette, topped with roasted shallot-mustard white beans and goat cheese; and then a creamy tomato-based chowder chockfull of potatoes, fennel and Sitka Sockeye Salmon!



sabzi sweet potatoes
with turmeric chicken, kale and mint
lime yogurt



farro and roasted root vegetable salad with shallot-mustard white beans, goat cheese and harissa vinaigrette



salmon tomato chowder



PRODUCER SPOTLIGHT

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

Winterfell Acres
Vitruvian Farms
Elderberry Hill Farm
Mont Chevre
Saffi Saana
Sassy Cow Creamery
Century Sun Oil
Sitka Seafood Market

EXTRA GOODNESS

candied cashew trail mix

Instructions: Store at room temperature and enjoy within 2 weeks.

Ingredients: Cashews (cashews, white sugar, brown sugar, egg white, cinnamon, salt), peanuts, golden raisin, dried cranberries, shredded coconut, cocoa nibs, pepitas

Contains: Egg, tree nut, peanut, coconut

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

sabzi sweet potatoes
with turmeric chicken, kale and mint lime yogurt

PREP &
COOK TIME

45

MINUTES

IN YOUR BAG

Sweet Potato

Sabzi Mix

Kale

Chicken

Turmeric Spice
Mix

Mint Lime
Yogurt

PAIR WITH
the fruity and
fun Seehof
Same Same But
Different White
or
the refreshing
and crisp New
Glarus Moon
Man No Coast
Pale Ale

1 Preheat the oven to 475°F with a rack in the middle position. Line a rimmed baking sheet with kitchen parchment. Wash and dry the kale; strip the kale leaves from their stems and roughly chop (discarding the stems); set aside.

2 Wash and dry the sweet potatoes before cutting them into 1" chunks. Grab a large bowl. You'll be using this until the very end. In your bowl, combine the sweet potatoes, a splash of olive oil and salt (as desired). Toss to coat, then transfer to the prepared baking sheet, distributing in an even layer. Toss the kale leaves in the same bowl and add a bit more olive oil and salt (to taste) before setting aside again.

3 Roast the sweet potatoes for 10 minutes. Meanwhile, coat the chicken with the turmeric spice mix. After 10 minutes, remove the sweet potatoes and stir before placing the chicken, skin-side up, on top of the sweet potatoes and put back in the oven. Roast until the internal temperature of the chicken reaches 165°F and the skin of the chicken and the sweet potatoes turn golden brown (and a skewer inserted into the largest pieces of sweet potato meets no resistance), about 20 to 25 more minutes, stirring once about halfway through. For the last 3-5 minutes of roasting, mix the reserved kale into the sweet potatoes on the baking sheet.

4 When the veg and chicken are done, set the chicken aside for 5 minutes to rest. In your bowl, toss the sweet potatoes and kale to coat with the sabzi spice mixture.

5 Plate the veg and top with the roasted chicken. Drizzle with the yogurt sauce and enjoy!

Sabzi Mix: Coconut, sesame seed, mustard seed, jalapeño, garlic, cilantro, cumin, salt, pepper **Turmeric Spice Mix:** Turmeric, cumin, coriander, mustard powder, smoked paprika, fenugreek seed, salt, onion powder, garlic powder, cardamom, cinnamon, nutmeg, clove, white pepper, cayenne, pepper **Mint Lime Yogurt:** Greek yogurt, heavy cream, lime, mint, garlic, salt, pepper. **Sweet Potato, Kale, Chicken**

Contains: Sesame, coconut, poultry, milk (optional)

② READY-TO-EAT

farro and roasted root vegetable salad with shallot-mustard white beans, goat cheese

Gently reheat the beans 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.

While white beans are reheating, prepare the farro salad. Salad can be served hot or cold. If desired, reheat farro in a sauté pan with a splash of olive oil over medium-low heat for 6 to 8 minutes, stirring occasionally. Once hot (or if you're keeping it cold, skip the reheating step), toss farro salad with the harissa vinaigrette in a large bowl.

Divide salad evenly onto plates. Top with goat cheese and serve beans alongside or on top of salad. Enjoy!

Farro Salad: Farro, turnip, radish, carrot, kale, olive oil, salt, red wine vinegar, pepper **Harissa**

Vinaigrette: Sunflower oil, red wine vinegar, dijon mustard, ancho chile, guajillo chile, chile de arbol, kashimiri chile, coriander, salt, pepper **White Beans:**

White bean, water, shallot, garlic, red wine vinegar, whole grain mustard, mustard powder, cumin, salt, pepper **Goat Cheese:** Goat cheese, heavy cream, lemon, garlic, rosemary, parsley, thyme, red chile flake, salt, pepper

Contains: Wheat, milk (optional)

③ FARM-TO-FREEZER

salmon tomato chowder

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