

PASTURE AND PLENTY

FEBRUARY 26, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

We have a flavor-packed line-up of meals, y'all! Look for: crispy panko-topped buffalo salmon with a warm quinoa and broccoli salad; a lentil salad that's a party of sweet, earthy and salty flavors with roasted beets, aged cheddar, tangy apple cider dressing, fresh greens and crunchy walnuts; and, everyone's fave, classic shepherd's pie. But, if we were to play favorites, we're most excited for the fresh, local greens from Winterfell Acres' greenhouse in your lentil salad!



crispy buffalo salmon with warm quinoa and broccoli salad



green lentil, roasted beet and cheddar cheese salad with miche



beef & elk shepherd's pie with sarvecchio mashed potatoes



PRODUCER SPOTLIGHT

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

- Simple Soy Man
- Bering Bounty
- Madison Sourdough Co.
- Elderberry Hill Farm
- Hook's
- Winterfell Acres
- Saffi Saana
- Sartori Cheese

EXTRA GOODNESS

vanilla cream puffs

Instructions: Keep in the freezer for up to one month. Thaw in refrigerator. Keep in refrigerator for up to 3 days before enjoying.

Ingredients: Choux pastry (water, egg, flour, butter, sugar salt), whipped cream (cream, powdered sugar, vanilla)

Contains: *Wheat, milk, egg*

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 quinoa and broccoli salad

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Bering Bounty
King Salmon

Buffalo Sauce

Crispy Panko

Quinoa
Broccoli Salad

PAIR WITH
the acidic and
food-friendly
Domaine
Rimbert Vin
Orange
or
the balanced
and crisp Extra
Blonde Ale
from Giant
Jones Brewing

- 1 To safely quick-thaw your fish: keep it in the vacuum-sealed packaging and submerge it 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 with parchment paper.
- 3 Remove salmon from packaging; rub the flesh side of your salmon with olive oil and then season with salt and pepper. Place on the parchment-lined sheet pan. Reserve at least half of your buffalo sauce for later and then brush the flesh side of the salmon with the remainder (or to taste). Toss panko with a bit of olive oil and sprinkle it evenly over the top of the fish, pressing lightly to adhere to the sauce, then place the pan in the oven.
- 4 Roast the salmon for about 10 to 15 minutes. Bake until 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.
- 5 Meanwhile, gently reheat the quinoa salad 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.
- 6 Plate warm quinoa salad and top with buffalo salmon. Drizzle everything with the reserved buffalo sauce and dig in!

Buffalo Sauce: Frank's Red Hot (Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt and Garlic Powder), butter, garlic, onion, salt **Crispy Panko:** Flour, canola oil, yeast **Quinoa Broccoli Salad:** Red quinoa, white quinoa, broccoli, olive oil, red wine vinegar, salt, pepper **Bering Bounty King Salmon**

Contains: Fish, milk, wheat

② READY-TO-EAT

green lentil, roasted beet and cheddar cheese salad with miche

Place lentil salad, greens and roasted beets in a large bowl. Toss gently with vinaigrette and season to taste with salt and pepper.

Pop miche into the microwave or toaster oven for just a few seconds to warm.

Divide salad on plate and enjoy with toasted miche alongside!

Lentil Salad: Green lentil, Hook's 5 year cheddar (milk, salt, culture, enzyme, annatto), walnut **Vinaigrette:** Olive oil, canola oil, apple cider vinegar, white wine vinegar, maple syrup, dijon mustard, salt, pepper, garlic **Roasted Beets:** Beet, water, red wine vinegar, salt, pepper, olive oil **Miche:** Flour, water, salt. **Greens**

Contains: milk, tree nut, wheat

③ FARM-TO-FREEZER

beef & elk shepherd's pie with sarvecchio mashed potatoes

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