

PASTURE AND PLENTY

MARCH 11, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for some great meals this week! Think: a heart-warming dish of local Sal's canestri in a creamy sauce with garlic, capers and mushrooms, topped with roasted cauliflower and chicken; and a cozy bowl of tomato and barley stew seasoned with sweet, bold paprika and herbaceous thyme with a side of toasted miche and white bean purée; and our signature pork dan dan sauce served with long, slurpable egg noodles. Who's excited now???



Sal's canestri
with caper-mushroom cream sauce,
roasted cauliflower and chicken



**North African tomato and
barley stew** with miche and white
bean purée



pork dan dan sauce with
pickled mustard greens and noodles



PRODUCER SPOTLIGHT

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

Sal's Tomato Pies
Sartori Cheese
Madison Sourdough Co.
Winterfell Acres
Vitruvian Farms
Saffi Saana
Sassy Cow Creamery

EXTRA GOODNESS

honey-vanilla yogurt parfait with berries

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Yogurt (Greek yogurt, honey, vanilla), strawberries, granola (oats, maple syrup, brown sugar, coconut oil, vanilla, salt)

Contains: *Milk, 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

Sal's canestri with caper-mushroom cream sauce, roasted cauliflower and chicken

PREP & COOK TIME

35
MINUTES

IN YOUR BAG

Chicken Breast

Sal's Canestri

Cauliflower

Caper

Mushroom Cream Sauce

Sarvecchio and

Pine Nuts

PAIR WITH
the fresh and chalky Jean Marc Barthez Bordeaux Blanc or the light and malty GLD.01 Golden Ale from Delta Beer Lab

- 1 Your chicken will be frozen. To thaw, either: place the frozen vacuum-sealed package of chicken in the refrigerator (in a bowl or on a plate) the night before; or the night you want to enjoy your meal, submerge the frozen vacuum-sealed package of chicken in a bowl of cold tap water, changing the water every 30 minutes as it continues to thaw (it should take about 30 minutes to an hour).
- 2 Preheat oven to 425°F. Toss cauliflower with olive oil and salt and pepper; spread in a single layer onto a rimmed baking sheet, leaving room on one side of the pan.
- 3 Remove the thawed chicken from its packaging. Coat chicken with olive oil and season with salt and pepper. Place on the empty space on the sheet pan with the cauliflower.
- 4 Roast cauliflower and chicken in the preheated oven for about 15 minutes. Stir cauliflower, flip the chicken breast and check for doneness. When done, the chicken breast should no longer be pink in the center and the internal temperature, when measured with an instant-read thermometer, should read 165°F. The cauliflower should be softer, well-browned and caramelized. A common pitfall when roasting cauliflower is stopping once it is tender: you have to stick with it, continuing to roast until the color goes from creamy white to deeply, impossibly golden brown. If not done, roast both longer, checking for doneness in 5 minute increments (and gently stirring or flipping the veg each time).
- 5 Meanwhile, bring a large pot of salted water — salty like the sea — to a boil over high heat; drop in the canestri and cook until tender with a bite, about 3 minutes. Drain pasta, reserving a cup or so of pasta cooking water; set aside.
- 6 Stir the canestri, roasted cauliflower and cream sauce together in a sauté pan over medium heat; cook until hot, about 2 minutes. If needed, add a bit of the pasta cooking water to loosen the sauce and help coat the noodles.
- 7 Divide sauced pasta and cauliflower onto individual serving plates; top with roasted chicken and then garnish everything with sarvecchio and pine nuts. Enjoy!

Cream Sauce: Cream, button mushroom, capers, garlic, sherry vinegar, shallot, butter, ap flour, red chile flake, salt, pepper, lemon **Sal's Canestri:** Semolina flour, water **Sarvecchio & Pine Nuts:** Sarvecchio (milk, culture, salt, enzyme), pine nut **Chicken Breast, Cauliflower**

Contains: Mushroom, wheat, milk, poultry

② READY-TO-EAT

North African tomato and barley stew with miche and white bean purée

Warm soup over medium-low heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes.

Pop miche into the microwave or toaster oven for just a few seconds to warm. Slather warm toasted miche with the herbed white bean purée.

Portion hot soup into bowls and serve miche with bean purée on the side. Enjoy!

Tomato and Barley Stew: Vegetable stock, tomato, barley, kale, onion, garlic, olive oil, red wine vinegar, sweet paprika, smoked paprika, thyme, salt, pepper **Miche:** Flour, water, salt **White Bean Purée:** White bean, garlic, shallot, red wine vinegar, sherry vinegar, salt, pepper, red chile flake

Contains: Wheat

③ FARM-TO-FREEZER

pork dan dan sauce with pickled mustard greens and noodles

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

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