

PASTURE AND PLENTY

APRIL 1, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for a great line-up of meals, friends! Look for: wild-caught salmon tacos on La Cosecha tortillas with a chopped, spicy-sweet mango sweet corn salsa, stewed black beans and crumbled queso fresco; a creamy, tomatoey and fragrant butter paneer with broccoli and cauliflower paired with rice pilaf and cucumber raita; and then last, our signature fried rice loaded with vegetables (because, YES VEG) and crispy bacon lardons. Doesn't that sound good?



wild-caught salmon taco kit
with mango sweet corn salsa and black beans



butter paneer with broccoli and cauliflower, rice pilaf and cucumber raita



loaded vegetable fried rice
with bacon



PRODUCER SPOTLIGHT

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

- Bering Bounty
- La Cosecha
- Winterfell Acres
- Vitruvian Farms
- Alsum Sweet Corn
- Wonderstate Coffee

EXTRA GOODNESS

carrot streusel muffins

Instructions: Store at room temperature and enjoy within 3 days.

Ingredients: Muffins (carrots, ap flour, sugar, butter, eggs, milk, orange juice, crystallized ginger, baking soda, vanilla, baking powder, salt, orange zest), streusel (brown sugar, ap flour, butter, cinnamon, salt)

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

wild-caught salmon taco kit
with mango sweet corn salsa and black beans

PREP &
COOK TIME

55
MINUTES

IN YOUR BAG

Bering Bounty
Salmon

La Cosecha
Tortillas

Taco Seasoning

Black Beans

Mango Sweet
Corn Salsas

Queso Fresco

—
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 To quick-thaw your fish, keep fish 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 the oven to 350°F. Line a sheet pan with parchment paper or foil (for easy cleaning). Remove salmon from packaging; rub the flesh side of your salmon with olive oil and then season with the spice mix (use less to make it less spicy!). Place salmon straight onto the lined sheet pan.
- 3 Roast salmon in the preheated oven for 10 to 15 minutes until it 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 and flaked into large chunks with a fork.
- 4 Meanwhile, gently reheat the black 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.
- 5 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.
- 6 Build tacos using flaked salmon and the mango sweet corn salsa. Serve the black beans alongside your tacos. Top everything with queso fresco and dig in!

La Cosecha Tortillas: Corn, salt, water, lime **Taco Seasoning:** Brown sugar, coffee, salt, pepper, garlic powder, onion powder, cumin, coriander, paprika, cayenne **Black Beans:** Black bean, onion, garlic, cumin, coriander, paprika, guajillo, lime, salt, pepper **Salsa:** Mango, corn, red bell pepper, pickled red onion (red onion, white wine vinegar, apple cider vinegar, salt, sugar), tomato, jalapeño, cilantro, scallion, lime, salt, pepper **Queso Fresco:** Pastuerized milk, salt, cheese culture, enzymes **Bering Bounty Salmon**

Contains: Milk (optional), mild spice, fish

② READY-TO-EAT

**butter paneer with
broccoli and cauliflower,
rice pilaf and raita**

Heat butter paneer and rice pilaf in separate saucepans over medium heat until hot, adding up to 1/2 cup water as needed and stirring occasionally, for about 6 to 8 minutes. Alternately, heat both in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice pilaf onto plates and top with butter paneer. Serve with cucumber raita and enjoy!

Butter Paneer: Paneer (milk, salt, culture, enzyme), cauliflower, broccoli, tomato, onion, heavy cream, cashew, garlic, ginger, water, garam masala, fenugreek, cardamom, clove, salt, pepper **Rice Pilaf:** White rice, water, onion, garlic, bay leaf, chile de arbol, salt, pepper **Raita:** Greek yogurt, cucumber, cream, mint, cilantro, chat masala (salt, mango, black salt, cumin, coriander, musk melon, mint, ginger, yellow chili, bishop weed, nutmeg, asafoetida, caraway), salt, pepper

Contains: Milk, tree nut (cashew)

③ FARM-TO-FREEZER

**loaded vegetable
fried rice with bacon**

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