

PASTURE AND PLENTY

APRIL 15, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors, y'all! Think: a Thai-style chicken satay – rich and flavorful with ginger, coconut milk and spices – paired with fragrant coconut rice, crispy and fresh cucumber salad and a mildly spicy peanut sauce; a classic, American-style beef stew, paired with crusty sourdough miche and an herbed sour cream; then a creamy risotto with red beans, kale, sweet peas, fennel and roasted red peppers! And, a sweet little funfetti cookie to cap it off!



Thai-style chicken satay
with coconut scallion rice, cucumber
salad and peanut sauce



beef stew
with herbed sour cream and miche



red bean risotto with fennel,
sweet peas, red pepper and kale



PRODUCER SPOTLIGHT

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

- Vitruvian Farm
- Winterfell Acres
- Elderberry Hill Farm
- Simple Soy Man
- Madison Sourdough Co.
- Fifth Season Co-op

EXTRA GOODNESS

funfetti sugar cookie

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

Ingredients: AP flour, sugar, butter, egg, vanilla, baking powder, salt, sprinkles

Contains: Egg, wheat, milk

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

Thai-style chicken satay with coconut scallion rice, cucumber salad and peanut sauce

PREP & COOK TIME

40
MINUTES

IN YOUR BAG

Chicken

Marinade

Bamboo Skewers

Coconut Scallion Rice

Cucumber Salad

Peanut Sauce

PAIR WITH

the herbaceous and well-balanced

La Comarcal Delmoro Blanco

or

the drinkable Up North Wisconsin Lager from One Barrel

- 1 Cut your chicken into even bite-sized pieces and toss with the satay marinade in a bowl; let chicken marinate for at least 20 minutes (although longer is always better) in the refrigerator. At the same time, soak your skewers in water to keep them from charring. When ready to cook, thread the marinated chicken onto the skewers.
- 2 If you're grilling, preheat your grill for medium-high heat. If not, get out a heavy cast iron pan or grill pan and preheat to medium-high heat on the stovetop.
- 3 Place your chicken skewers on the grill or hot pan, flipping every 3 minutes or so until well-browned and the middle of the largest piece reads 165°F on an instant-read thermometer.
- 4 While the chicken is cooking, microwave coconut rice with a splash of water until warm. Also give the cucumber salad a stir to redistribute the dressing!
- 5 Portion coconut rice onto plates, top with chicken satay and spoon the peanut sauce liberally over the top. Serve cucumber salad alongside and dig in!

Marinade: Coconut milk, soy sauce, lime juice, garlic, ginger, lemongrass, brown sugar, turmeric, cumin, coriander, cayenne
Coconut Scallion Rice: White rice, water, coconut flake, scallion, salt, pepper
Cucumber Salad: Cucumber, pickled red onion (red onion, distilled white vinegar, apple cider vinegar, sugar, salt), mint, cilantro, lime, salt, sugar, pepper
Peanut Sauce: Peanut, water, shallot, garlic, soy sauce, rice vinegar, red curry paste (dried chile pepper, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, spices [coriander seeds, cumin, cardamom], citric acid), brown sugar, sriracha, salt
Chicken, Bamboo Skewers

Contains: Coconut, soy, poultry, peanut

② READY-TO-EAT

beef stew with herbed sour cream and miche

Reheat stew with a splash of water in a sauce pan over medium-low heat until hot, about 6 to 8 minutes.

Reheat miche in toaster oven or microwave until warm.

Portion stew into bowls, garnish with dollop of herbed sour cream and serve miche alongside. Dig in!

Stew: Beef, yukon gold potato, vegetable stock, onion, carrot, sweet pea, parsnip, tomato paste, gelatin, red wine, soy sauce, red wine vinegar, thyme, rosemary, parsley, ap flour, salt
Herbed Sour Cream: Sour cream, heavy cream, lemon, parsley, thyme, rosemary, salt, pepper
Miche: Flour, water, salt

Contains: Beef, alcohol, wheat, milk, mushroom, soy

③ FARM-TO-FREEZER

red bean risotto with fennel, sweet peas, red pepper and kale

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