

# PASTURE AND PLENTY

JUNE 24, 2024 | OMNIVORE

## HOORAY, IT'S MONDAY!

And who's excited for the start of another delicious and fun week? We can't wait for: seared wild-caught salmon atop a classic, French-style lentil salad with tender roasted beets, crunchy toasted walnuts and tangy pickled rhubarb; a veg-laden Mediterranean-inspired quinoa salad with crispy chickpeas, olive dressing, toasted pita and creamy hummus; and a classic Chinese-American takeout dish... stir-fried beef with cauliflower, broccoli and carrots! Yum!



**roasted beet, walnut and lentil salad** with pickled rhubarb and seared wild-caught salmon



**Mediterranean quinoa salad** with sun dried tomato-olive vinaigrette, pita and hummus



**stir-fried beef** with cauliflower, broccoli and carrots over scallion brown rice



### PRODUCER SPOTLIGHT

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

Christensen Farms

Bering Bounty

Winterfell Acres

Elderberry Hill Farm

Driftless Organics

Saffi Saana

### EXTRA GOODNESS

## blackberry mint mocktail

Instructions: Keep blackberry mint purée and soda water refrigerated. Divide purée and soda water evenly among glasses, stir and enjoy!

Ingredients: Blackberry mint purée (blackberries, sugar, water, fresh mint), Sicilian lemon soda (water, lemon juice 12%, sugar, lemon pulp, citric acid, ascorbic acid, carbon dioxide, natural flavorings).

Contains: n/a

### 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

## roasted beet, walnut and lentil salad with pickled rhubarb and seared wild-caught salmon

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Bering Bounty Salmon

Lentil Salad

Roasted Beets

Pickled Rhubarb

PAIR WITH

the complex and juicy American Wine Project "Social Creature" Sabrevois Rosé or with the light Keep 'em Honest German-style Helles Lager from Working Draft

- 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. 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, then place the pan in the oven.
- 3 Roast the salmon for about 10 to 15 minutes. Bake until the fish is cooked to taste, or until the salmon tail or belly begins to crack slightly — flesh should flake gently away and be slightly translucent at the skin of the thickest point. \* 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.
- 4 Meanwhile, give the lentil salad a stir to redistribute the dressing and gently toss with the roasted beets. Taste for seasoning; add salt and pepper if needed and, if desired, you can add in some of the rhubarb pickling liquid.
- 5 Plate lentil salad and top with seared salmon. Scatter the pickled rhubarb over everything and dig in!

\*The USDA recommends cooking salmon to 145°F or well-done.

**Lentil Salad:** French green lentil, water, kale, onion, carrot, celery, walnut, garlic, salt, pepper **Roasted Beets:** Red beet, water, red wine vinegar, salt, olive oil, pepper **Pickled Rhubarb:** Rhubarb, water, white wine vinegar, sugar, salt, bay leaf **Bering Bounty Salmon**

Contains: Tree nut (walnut), fish

② READY-TO-EAT

## Mediterranean quinoa salad with sun dried tomato-olive vinaigrette, pita and hummus

Place quinoa salad and sun-dried tomato olive vinaigrette into bowl with mixed greens; toss well to combine all ingredients.

Warm pita in the toaster or toaster oven.

Portion hummus onto individual plates, then spread it across the plate in a thick schmear. Plate quinoa salad on top of hummus and serve with pita to scoop it up. Enjoy!

**Quinoa Salad:** Yellow quinoa, red quinoa, red bell pepper, yellow bell pepper, red onion, feta (milk, salt, cheese culture, enzymes, potato starch), cherry tomato, cucumber, garbanzo bean

**Vinaigrette:** Olive oil, red wine vinegar, kalamata olive, sun-dried tomato, lemon, basil, oregano, red pepper flake, salt, pepper **Hummus:** Garbanzo bean, garlic, tahini (sesame), lemon, salt, baking soda, olive oil? **Pita:** Enriched wheat flour, water, soybean oil and/or canola oil, contains 2% or less of: yeast, whole wheat flour, salt, sugar, dough conditioner, baking powder, nonfat dry milk, yeast nutrients, calcium propionate and potassium sorbate **Mixed Greens**

Contains: Wheat, olives, sesame, milk

③ FARM-TO-FREEZER

## stir-fried beef with cauliflower, broccoli and carrots over scallion brown rice

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