

# PASTURE AND PLENTY

JULY 1, 2024 | OMNIVORE

## HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors, y'all! Look for: a grilled chicken thigh taco salad, topped with crunchy tortilla chips and chopped black bean salsa with zesty ranch; a chickpea, cauliflower and potato tarkari – a spiced, but not spicy vegetable curry – inspired by similar tarkaris at our local fave Himal Chuli with brown rice and cucumber raita; and a simple, greens-packed and (moderately) spicy caldo verde with chorizo! Oh, and did someone say s'mores cookies?



### grilled chicken taco salad kit with jalapeño cilantro ranch and chopped black bean salsa



### chickpea, cauliflower and potato tarkari with cilantro brown rice and cucumber raita



### caldo verde with chorizo



## PRODUCER SPOTLIGHT

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

Alsum Sweet Corn

Sassy Cow Creamery

Sartori Cheese

Winterfell Acres

Driftless Organics

Marr's Valley View Farm

Saffi Saana

## EXTRA GOODNESS

### s'mores cookies with marshmallows

Instructions: Store cookie dough in freezer. Bring to room temperature before baking. Bake at 350°F until cookies are golden brown, about 12-15 minutes. Place mini marshmallows (located in separate bag) on top of cookie and place back in the oven; bake for 1-3 more minutes until the marshmallows are toasted!

Ingredients: Butter, milk chocolate chips, ap flour, graham cracker crumbs, sugar, brown sugar, egg, maple syrup, vanilla, salt, baking soda, mini marshmallows (corn syrup, sugar, modified food starch [corn], gelatin, water, dextrose, natural and artificial flavor, tetrasodium pyrophosphate)

Contains: Wheat, milk, egg, gelatin

## 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

# grilled chicken taco salad kit

with jalapeño cilantro ranch and chopped black bean salsa

PREP &  
COOK TIME

30  
MINUTES

IN YOUR BAG

- Chicken Thigh
- Head Lettuce
- Bean & Corn Salsa
- Cheese Blend
- Tortilla Chips
- Zesty Ranch
- Taco Spice Rub

PAIR WITH  
the crisp  
Conestabile  
della Staffa  
Greorange  
or  
with the fruity  
and hazy A  
Women's Place  
is in the  
Brewhouse  
White IPA from  
Working Draft

GRILLING INSTRUCTIONS

- 1 Preheat grill for medium-high heat. While the grill is preheating, get your prep on! Cut the stem end off of your lettuce head(s) and roughly chop (or tear) lettuce, then wash and dry it. Remove your chicken thighs from their packaging, coat with a thin layer of olive oil and season (to taste) with the spice rub.
- 2 Place chicken thighs on the pre-heated grill and cook, flipping every 2 minutes or so until well-browned and the internal temperature (of the thickest part of the thigh) as measured with an instant-read thermometer is 165°F.\* Remove chicken thighs from the grill and chop into slices or large chunks.
- 3 While the chicken is grilling, build your taco salads. In individual large bowls (or plates), layer the salad as follows: lettuce, then drizzle about half of the zesty ranch over it, sprinkle on the shredded cheese and then scatter the chopped bean salsa on top.
- 4 Top the salads with the grilled chicken, drizzle with the remainder of the zesty ranch and sprinkle tortilla chips over everything. Enjoy!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, heat a small amount of olive oil in a skillet over medium-high heat. Place chicken thighs in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 165°F, or to desired doneness.\*

*\*Consuming raw or undercooked meat may increase your risk of foodborne illness.*

**Bean & Corn Salsa:** Black bean, corn, pickled red onion (red onion, apple cider vinegar, white vinegar, salt, sugar), cherry tomato, red bell pepper, green bell pepper, yellow bell pepper, jalapeño, scallion, cilantro, lime, salt, pepper  
**Cheese Blend:** Cheddar (milk, culture, salt, enzyme, annatto), monterey jack (milk, culture, salt, enzyme), potato starch  
**Tortilla Chips:** Tortillas (corn, water, lime, sodium propionate, potassium sorbate, phosphoric acid, corn flour), canola oil, salt, pepper. **Zesty Ranch:** Buttermilk, sour cream, mayonnaise (canola oil, egg, dijon mustard, red wine vinegar, salt, pepper), jalapeño, lime, cilantro, garlic powder, onion powder, cumin, paprika, cayenne, salt, pepper  
**Taco Spice Rub:** Cumin, onion powder, garlic powder, oregano, paprika, turmeric, coriander, la mesa chile powder, cayenne, salt, pepper  
**Chicken Thigh, Head Lettuce**

Contains: Poultry, milk

② READY-TO-EAT

# chickpea, cauliflower and potato tarkari with cilantro brown rice and cucumber raita

Heat tarkari and rice 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 onto plates and top with tarkari. Serve cucumber raita alongside and enjoy!

**Tarkari:** Yukon gold potato, cauliflower, onion, chickpea, carrot, ginger, garlic, butter, curry powder, calt, lemon juice, turmeric, cumin, coriander **Rice:** Brown rice, water, cilantro, salt **Raita:** Greek yogurt (grade A pasteurized skim milk, cream, milk protein concentrate, pectin, enzymes, live active cultures), cucumber, cream, lemon, chaat masala (salt, unripe dried mango, black salt, cumin, coriander, musk melon, pepper, mint, dried ginger, yellow chilli, bishop's weed, nutmeg, cloves, caraway, asafoetida), salt, pepper

Contains: Milk

③ FARM-TO-FREEZER

# caldo verde with chorizo

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