

PASTURE AND PLENTY

JULY 8, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors, y'all! Look for: gado gado, an Indonesian composed salad chock-full of potatoes, green beans and crunchy veg, all topped with a peanut satay sauce and grilled chicken breast; a creamy sweet corn and roasted poblano chowder with toasted miche and tomato compound butter; and our fan-favorite baked ziti with Italian sausage, cauliflower and sarvecchio besciamella!



gado gado grill kit with chicken breast and peanut satay sauce



poblano corn chowder with miche and tomato compound butter



baked ziti with Italian sausage, spinach and sarvecchio besciamella



PRODUCER SPOTLIGHT

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

Garden 2 Be

Crossroads Community Farm

Winterfell Acres

Alsum Sweet Corn

Happy Valley Farm

Marr's Valley View Farm

Sartori Cheese

Madison Sourdough Co.

Vitruvian Farms

EXTRA GOODNESS

seven layer bars

Instructions: Keep refrigerated and enjoy within 5 days!

Ingredients: Graham cracker crumbs, butter, semi sweet chocolate chips, sweetened coconut flakes, sweetened condensed milk, white chocolate chips, brown sugar, egg yolks, banana chips, salt

Contains: Wheat, milk, egg, 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

gado gado grill kit with chicken breast and peanut satay sauce

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Chicken Breast

Peanut Satay
Sauce

Potatoes &
Green Beans

Fried Shallots
& Peanuts

Vegetable Jar

GRILLING INSTRUCTIONS

- 1 Preheat your grill for medium-high heat.
- 2 Trim the ends off of your green beans; place in a large bowl. Prep your potatoes: wash and scrub the potatoes; cut into bite sized pieces (about 3/4" cubes); place the potatoes in the large bowl with the green beans and toss with olive oil; season with salt and pepper. Season your chicken breast with salt and pepper, then lightly coat with a thin layer of the peanut sauce (reserving the majority to dress your salad at the end).
- 3 Carefully place your vegetables in a grill basket. If you don't have a grill basket, shape a large piece of foil into the shape of a box, poke holes in it (to allow the heat and smoke to come through) and place it on the grill; add your veggies to your foil basket. Cook the beans and potatoes until they are tender and charred all over, about 15 minutes. Check early to be safe, every grill is different. Remove from grill and set aside.
- 4 Place your chicken on the grill, flipping every 2 minutes or so until browned and the middle of the largest piece reads 165°F on an instant-read thermometer.
- 5 To serve, divide the grilled green beans and potatoes and sliced raw vegetables evenly on individual plates. Top with the grilled chicken breast. Drizzle each plate generously with the remainder of the peanut sauce and top with the fried shallots and peanuts. Dig in!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat an oven to 400°F. Place chicken and vegetables onto a sheet pan and roast, checking and flipping occasionally, until chicken's internal temperature (measured with an instant thermometer) reads 165°F,* and veg is tender and browned, about 15-20 minutes.

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

Peanut Satay 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
Vegetable Jar: Cabbage, cucumber, bell peppers, turnip, cherry tomato
Fried Shallots & Peanuts: Shallot, peanut, canola oil, salt
Chicken Breast, Potatoes & Green Beans

Contains: Poultry, soy, peanut, wheat

② READY-TO-EAT

poblano corn chowder with miche and tomato compound butter

In a saucepan, warm soup over medium heat until hot, stirring occasionally, about 6 minutes. Alternatively, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Toast the miche and slather with compound butter. Ladle soup into individual bowls, serve toast alongside, and dig in!

Corn Chowder: Vegetable stock, yukon gold potato, sweet corn, onion, poblano pepper, white wine, heavy cream, cilantro, scallion, lime, garlic, salt, butter, coriander, sweet smoked paprika, pepper, red chile flake

Miche: Flour, water, salt
Compound Butter: Butter, tomato, cherry tomato, red bell pepper, sugar, white wine, onion, garlic, olive oil, basil, saffron

Contains: Milk, wheat, alcohol

③ FARM-TO-FREEZER

baked ziti with Italian sausage, spinach and sarvecchio besciamella

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