

PASTURE AND PLENTY

JULY 29, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for: pan-seared pork chops atop creamy polenta with fresh sautéed spinach and house-made fruit mostarda; everyone's favorite Thai-inspired coconut curry with wild-caught cod and loads of farm-fresh zucchini, summer squash, chard, broccoli, cauliflower and roasted cherry tomatoes; and last, but never least, our long-time staple...lemony lentil soup! Oh, and did we mention the lightest, fluffiest and fruitiest mousse you could ever want?



**pan-seared pork chop
with peach mostarda, creamy polenta
and sautéed spinach**



**Thai red coconut cod curry
with brown rice, cilantro & scallion**



lemony lentil soup



PRODUCER SPOTLIGHT

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

- Garden To Be
- Winterfell Acres
- Vitruvian Farm
- Sartori Cheese
- Sitka Seafood Market
- Neesvig Purveyors

EXTRA GOODNESS

cherry mousse

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Heavy cream, cream cheese, cherry preserves (sugar, cherries, water, apple pectin, salt), powdered sugar, maraschino cherry juice, vanilla extract

Contains: 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

pan-seared pork chop with peach mostarda, creamy polenta and sautéed spinach

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Pork Chop

Herb Marinade

Peach Mostarda

Creamy Polenta

Spinach

PAIR WITH

the fresh and fruity El Jefe

Tempranillo or

the hoppy and hazy Justified West Coast IPA from Working Draft

- 1 In the morning, place pork chop in a lidded container and toss with marinade; place back in fridge. Or, place pork chop in the marinade at least an hour before you start cooking.
- 2 Remove pork chop from marinade and season with salt and pepper. Heat a heavy bottomed skillet over medium heat until hot. Add a tablespoon or so of oil and, once oil is rippling, sear pork chops in preheated skillet, turning occasionally, until no longer pink at the center, about 8 to 12 minutes. The chop should read 145°F with an instant-read thermometer inserted near the center.* Rest, covered, for a few minutes before serving.
- 3 While the pork chop is cooking, warm creamy polenta in a saucepan over medium heat, adding a little water or milk and stirring occasionally, until hot, about 8 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave on Medium High until hot, 3 to 8 minutes; stir halfway through heating time, and add in a small amount of water or milk if needed.
- 4 Last, rinse the spinach and drain well. Heat a tablespoon or two of olive oil in a skillet large enough to hold all the spinach. Add the spinach; season with salt and pepper. Cook over high heat, stirring rapidly, until the spinach is wilted and most of the moisture has evaporated, about 2 to 3 minutes. Serve immediately.
- 5 Divide polenta onto individual serving plates, top with pork chop and peach mostarda; serve sautéed spinach on the side. Enjoy!

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

Herb Marinade: Canola oil, apple cider vinegar, white wine vinegar, thyme, rosemary, parsley, garlic, shallot, salt, pepper **Peach Mostarda:** Peach, apple, cherry, cranberry, onion, white wine, sherry, yellow mustard seed, brown mustard seed, salt, crystalized ginger, powdered ginger, red pepper flake

Creamy Polenta: Polenta, whole milk, sarvecchio (milk, cheese cultures, salt, enzymes), red wine vinegar, salt, pepper **Spinach, Pork Chop**

Contains: Pork, milk, alcohol

② READY-TO-EAT

Thai red coconut cod curry with brown rice, cilantro & scallion

Heat curry and rice in separate saucepans over medium-low heat until hot, adding up to 1/2 cup water as needed, about 6 minutes.

While the curry is heating, wash and dry cilantro and scallions; chop finely.

Divide rice onto plates, top with curry. Garnish with chopped herbs and enjoy!

Cod Curry: Coconut milk, brown rice, onion, summer squash, zucchini, Sitka Seafood Market Pacific cod, wild-caught atlantic cod, cauliflower, broccoli, rainbow chard, cherry tomato, red curry paste, lemongrass, ginger, garlic, lime juice, coconut oil, Thai basil, cilantro, salt, brown sugar, fish sauce **Brown Rice:** Brown rice, water, salt **Scallions & Cilantro**

Contains: Fish, coconut

③ FARM-TO-FREEZER

lemony lentil soup

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