

PASTURE AND PLENTY

AUGUST 19, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

And it's the start of a super veg-filled week! Look for: a sheet pan ratatouille kit with allll the summer veg, goat cheese, olives and Sitka Seafood Market salmon; a mixed vegetable and paneer korma (loaded with cauliflower, kale, carrots, potatoes and more) with herbed rice pilaf; and then smothered carnitas burritos (studded with local sweet corn and roasted poblanos) with house-made roasted tomatillo salsa verde. We can't wait!



sheet pan ratatouille kit with Sitka Seafood Market salmon



mixed vegetable and paneer korma with herbed rice pilaf



smothered carnitas burritos with salsa verde



PRODUCER SPOTLIGHT

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

Sitka Seafood Market

Madison Sourdough Co.

Los Abuelos Farm

Lovefood Farm

Crossroads Community Farm

Winterfell Acres

Enos Farms

Tipi Produce

EXTRA GOODNESS

cranberry almond granola

Instructions: Store at room temperature and enjoy within 3 months!

Ingredients: Oats, dessicated coconut, dried cranberries, coconut oil, sun butter, almonds, brown sugar, maple syrup, flax seeds, salt, baking soda

Contains: Tree nut (almond), 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

sheet pan ratatouille kit with Sitka Seafood Market salmon

PREP & COOK TIME

60 MINUTES

- 1 Preheat oven to 425°F. While oven is preheating, wash, dry and then prep your vegetables. Trim the ends off of the zucchini (and/or summer squash) and slice into 1/4" thick rounds. Cut the eggplant into 1" cubes, discarding the ends. Peel any papery outer layers off of the onion, then cut off the ends, slice in half and cut into 1" thick pieces. Cut off the stem end of the pepper, remove the core and seeds, then cut into 1/2" thick slices.
- 2 Set aside the tomatoes. Place the rest of the veg on a sheet pan (meal kits for 4 may require a second pan), toss the veg with all but a tablespoon or so of the herb oil and place in the preheated oven. Stir roasting vegetables every 5 minutes or so.
- 3 While the veggies are roasting, remove your salmon from the freezer, coat it with the remaining herb oil and season it with salt and pepper.
- 4 After 15 minutes, remove the veggies from the oven. Move some of the veg to make space and add the fish to the baking sheet in the empty spaces, scatter the tomatoes over everything on the baking sheet, then continue to roast for another 15 to 20 minutes. When done, the salmon should flake easily with a fork, the tomatoes should burst and the zucchini should turn deeply golden brown. The vegetables will become very caramelized, and that's a good thing.
- 5 Drizzle vegetables with another 1 tablespoon or so of olive oil if looking dry, then sprinkle goat cheese and olives over the top. Roast until goat cheese is a bit soft and just warmed through, about 5 minutes. At the same time, place the wedges of the seed & grain boule on the sheet pan to warm and toast.
- 6 Serve ratatouille on each plate and top with roasted salmon. If you have some, a bit of lemon juice squeezed over the top would be a great finishing touch. Serve the toasted boule on the side to sop up the yummy roasted veggies and gooey goat cheese and enjoy!

IN YOUR BAG

Sitka Seafood Market Salmon (Keep Frozen)

Seed & Grain Boule

Herb, Lemon & Garlic Oil

Olives & Goat Cheese

Vegetable Bag

PAIR WITH

the complex and juicy American Wine Project "Social Creature" Sabrevois Rosé or with the clean and crisp Bell's Two Hearted IPA

Seed & Grain Boule: Flour, water, salt, steel cut oats, sunflower seeds, sesame seeds, flax seeds **Herb, Lemon & Garlic Oil:** Olive oil, canola oil, garlic, lemon, thyme, red pepper flake, bay leaf, chile de arbol, peppercorn **Olives & Goat Cheese:** Goat cheese, heavy cream, kalamata olive, garlic, dill, chive, parsley, lemon, salt, pepper **Vegetable Bag:** Onion, cherry tomato, eggplant, zucchini and/or summer squash, bell pepper **Sitka Seafood Market Salmon (keep frozen)**

Contains: Fish, olive, milk, sesame, wheat

② READY-TO-EAT

mixed vegetable and paneer korma with herbed rice pilaf

Heat korma and rice in separate saucepans over medium-low heat until hot, adding up to 1/2 cup water as needed, about 6 minutes. Alternately, heat korma and rice in microwave on High until hot, stirring every minute or so, for about 3 minutes.

Divide rice onto plates, top with korma and dig in!

Paneer Korma: Paneer [pasteurized milk, citric acid], onion, cashew, water, greek yogurt, cauliflower, carrot, yukon potato, purple kale, curly kale, poppy seed, tomato paste, butter, red wine vinegar, lime, lemon, garlic, ginger, cumin, fennel seed, green cardamom, turmeric, cinnamon, clove, bay leaf, cayenne **Rice Pilaf:** White rice, water, cashew, golden raisin, salt, olive oil, cilantro, parsley

Contains: Tree nut (cashew), milk

③ FARM-TO-FREEZER

smothered carnitas burritos with salsa verde

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
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-2pm