

# PASTURE AND PLENTY

OCTOBER 14, 2024 | OMNIVORE

## HOORAY, IT'S MONDAY!

Get excited for some family-friendly faves, this week! Look for: a kale caesar salad kit with chicken, house-made croutons and dressing and loads of veggies to toss all together; a smoky quinoa taco bowl, with sweet corn, roasted squash, a bright tangy slaw, guajillo salsa and ground beef and black beans; and then a cozy, baked pasta a la norma, a classic Sicilian dish of pasta tossed with tomato sauce, rich olive oil sautéed eggplant, and melted cheese!



### kale caesar salad kit with grilled chicken and vegetables



### smoky quinoa taco bowl with ground beef and black beans



### baked pasta a la norma



## PRODUCER SPOTLIGHT

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

- Winterfell Acres
- Sartori Cheese
- Madison Sourdough Co.
- Saffi Saana
- Vitruvian Farm
- Happy Valley Farm
- Flyte Family Farm
- Alsum Sweet Corn

## EXTRA GOODNESS

### butterscotch budino

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Heavy cream, brown sugar, egg, water, sugar, salt, vanilla.

Contains: *Egg, 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

kale caesar salad kit with grilled chicken and vegetables

PREP & COOK TIME

30 MINUTES

—

IN YOUR BAG

Chicken

Omnivore

Caesar

Dressing

Vegetable Bag

Sarvecchio

Croutons

—

PAIR WITH

the flinty and citrusy Red Tail Ridge Chardonnay or

the crisp M.C. Hammerschlagen from Eagle Park Brewing Company

GRILLING INSTRUCTIONS

- 1 Preheat your grill for medium-high heat.
- 2 Get your prep on! Wash and dry your veg. Trim the ends off of your radishes, carrots and turnips, peel and cut into bite sized pieces. De-stem your snack peppers and cut in half, deseed if needed. Strip the kale leaves from the stems and coarsely chop; set kale aside. Toss the rest of your veg with olive oil, salt and pepper. Season your chicken with salt and pepper, then lightly drizzle with olive oil.
- 3 Carefully place your vegetables directly on the grill or 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 veg until charred and slightly softened. Remove from grill and set aside.
- 4 Also 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 While everything is grilling, massage kale leaves with half of the caesar dressing and toss with the croutons.
- 6 Portion kale salad onto plates, top with grilled vegetables and grilled chicken breast. Spoon remaining caesar dressing over the top (as desired) and sprinkle with sarvecchio. Enjoy!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat 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.

**Omnivore Caesar Dressing:** Canola oil, red wine vinegar, dijon mustard, sarvecchio (milk, salt, culture, enzyme), egg yolk, garlic, anchovy, salt, pepper. **Sarvecchio:** Milk, salt, culture, enzyme **Croutons:** MSCO sliced sourdough (flour, water, salt), olive oil, garlic, salt, pepper **Vegetable Bag:** Turnips, radish, snack pepper, carrot, kale **Chicken**

Contains: Milk, wheat, poultry, egg, fish

② READY-TO-EAT

smoky quinoa taco bowl with ground beef and black beans

Heat ground beef & black beans and quinoa salad in separate saucepans over medium-low heat until hot; stir occasionally and cook for 6 to 8 minutes. For the quinoa, add up to 1/4 cup water and keep covered while heating; fluff with a fork before serving. Alternately, heat both in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide warm quinoa salad onto plates and top with ground beef & black beans. Top with the cabbage slaw and guajillo salsa, then dig in!

**Quinoa Salad:** Red quinoa, white quinoa, corn, butternut squash, queso fresco (milk, water, salt, enzyme), salt, pepper, red wine vinegar **Beef & Black Beans:** Beef, black bean, water, onion, garlic, red wine vinegar, cumin, coriander, smoked paprika, salt, pepper, cayenne **Guajillo Salsa:** Fire roasted tomato, guajillo chile, garlic, cilantro, onion, salt, pepper, apple cider vinegar **Slaw:** Green cabbage, red cabbage, pickled red onion, radish, salt, sugar, apple cider vinegar

Contains: Beef, milk

③ FARM-TO-FREEZER

baked pasta a la norma

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