

PASTURE AND PLENTY

NOVEMBER 11, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

And what a delicious week of meals to look forward to: a classic sheet pan dinner of roasted salmon and green beans slathered in a flavor-packed marinade of salty miso paste and sweet maple syrup served atop sesame scallion rice; a hearty soup with nutty farro, caramelized onions, silky-soft cabbage and Italian sausage; and a cheesy baked pasta with a pumpkin cream sauce, sautéed kale and shredded brussels sprouts!



maple miso salmon
with roasted green beans, sesame
scallion rice and furikake



**Italian sausage, cabbage,
onion and farro soup** with
miche and herbed sarvecchio



**cheesy baked pumpkin
pasta** with kale and shredded
brussels sprouts



PRODUCER SPOTLIGHT

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

Bering Bounty

Sartori Cheese

Madison Sourdough Co.

Happy Valley Farm

Winterfell Acres

Elderberry Hill Farm

Sassy Cow Creamery

Hook's Cheese

Roth Cheese

EXTRA GOODNESS

chocolate chip pumpkin bar

Instructions: Store in refrigerator for up to 7 days. Bring to room temperature before enjoying!

Ingredients: Pumpkin purée, sugar, ap flour, sugar, semi-sweet chocolate chips, eggs, vanilla, baking soda, salt, cinnamon, nutmeg, clove, ground ginger, allspice

Contains: *Egg, wheat, 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

maple miso salmon with roasted green beans, sesame scallion rice and furikake

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

Bering Bounty Salmon

Green Beans

Sesame Scallion Rice

Maple Miso Sauce

Furikake

PAIR WITH

the citrusy and spicy FUSO Cala Bianco Terre Siciliane or the malty Pale Weizenbock from Giant Jones

- 1 To quick-thaw your fish, keep fish in the vacuum-sealed packaging and submerge it in cold tap water, changing water every 30 minutes; it should take 30 minutes to an hour. Prepare and consume fish immediately after thawing.
- 2 Preheat oven to 400°F and line a sheet pan with parchment paper or foil.
- 3 Season the flesh side of your salmon with salt and pepper, and place them on the sheet pan skin side down. In a medium bowl, toss together the green beans with a splash of oil and season generously with salt and pepper. Spread the green beans out surrounding the salmon fillet(s). Pour the maple miso sauce on top of the salmon and gently massage the marinade all over the fish. Let marinate while the oven comes to temperature. Any extras, pour over the green beans and toss to coat.
- 4 Bake until the salmon is opaque and the green beans are cooked through, about 10 to 15 minutes, stirring beans occasionally. The salmon tail or belly should begin to crack slightly — flesh should flake gently away and be slightly translucent at the skin of the thickest point; generally, you'll need about 10 minutes of cooking per inch of thickness (or height) of your salmon fillet. The green beans should be tender all the way through, then browned and crispy on the edges.
- 5 While the fish and green beans are cooking, reheat the rice in a covered saucepan over medium-low heat for 4 to 6 minutes, or until warmed through. Stir occasionally, adding about 1/4 cup of water if needed to prevent sticking and to moisten the rice as it cooks.
- 6 To serve, top the rice with the salmon and green beans and sprinkle with the furikake. Enjoy!

Sesame Scallion Rice: White rice, water, scallion, black sesame seed, white sesame seed, salt, sesame oil **Maple Miso Sauce:** White miso, maple syrup, rice vinegar, soy sauce, ground ginger, garlic, canola oil **Furikake:** Sesame seed, sugar, seaweed, salt, maltodextrin, disodium inosinate **Green Beans, Bering Bounty Salmon**

Contains: Fish, soy, sesame, wheat

② READY-TO-EAT

Italian sausage, cabbage, onion and farro soup with miche and herbed sarvecchio

Reheat farro soup with a splash of water in a sauce pan over medium-low heat until hot, about 6 to 8 minutes.

Heat miche in toaster oven or microwave until warm.

Portion farro soup into bowls, garnish with herbed sarvecchio and serve miche alongside. Dig in!

Italian Sausage, Cabbage, Onion and Farro Soup: Cabbage, vegetable stock, Italian sausage (pork, spices, salt, water, corn syrup solids, garlic, paprika, sugar, lemon juice powder, BHA, BHT, citric acid), farro, onion, red wine vinegar, lemon, butter, olive oil, salt, pepper **Miche:** Flour, water, salt **Herbed Sarvecchio:** Parmesan (milk, culture, salt, enzyme), parsley, dill, chive, thyme, rosemary

Contains: Wheat, milk, pork

③ FARM-TO-FREEZER

cheesy baked pumpkin pasta with kale and shredded brussels sprouts

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