

PASTURE AND PLENTY

JANUARY 27, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

Thank you to our friend Chef James of JustVeggiez here in Madison for supplying us with locally-made vegan "Chix"! Chef James and his family do amazing and flavorful things with veggies and are always looking for new ways to help you enjoy healthier versions of your favorite comfort foods without sacrificing flavor. They have a restaurant on State Street and we can't recommend this Black-owned and family-operated establishment enough!



chicken shawarma with apple cabbage slaw, roasted cauliflower and chickpeas, dill lemon toum and pita



lemony lentil soup with grilled scallion yogurt and crispy kale



jambalaya with andouille sausage, shrimp and chicken



PRODUCER SPOTLIGHT

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

- Just Veggiez
- Winterfell Acres
- Elderberry Hill Farm
- Saffi Saana
- Barnard Farms

EXTRA GOODNESS

P&P granola

Instructions: Store at room temperature and enjoy within 2 weeks.

Ingredients: Oats, pecans, shredded coconut, pepitas, flaxseed, sliced almond, cranberry, raisin, maple syrup, brown sugar, coconut oil, vanilla, salt

Contains: Coconut, tree nut

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

chicken shawarma with apple cabbage slaw, roasted cauliflower and chickpeas, dill lemon toum and pita

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

Chicken Shawarma

Apple Cabbage Slaw

Roasted Cauliflower and Chickpeas

Dill Lemon Toum

Pita

PAIR WITH the complex and juicy Ostatu Rosado Rioja or the light and crisp Le Pils French-Style Pilsner from Working Draft

- 1 Preheat oven to 400°F.
- 2 Spread out the chicken on half of a sheet pan, and place the cauliflower and chickpeas on the other half. If it's too crowded, use two separate sheet pans. Place pans in preheated oven and cook until everything is browned, crisp on the edges and heated through (an instant read thermometer inserted in the food should read 165°F), stirring halfway through. It should take about 10 minutes.
- 3 While the chicken and veggies are cooking, give the cabbage and apple slaw a stir to redistribute the dressing evenly.
- 4 Warm pita for a few seconds in the microwave or a few minutes in the preheated oven.
- 5 Portion chicken shawarma, the cauliflower-chickpeas and slaw onto plates, serve with toum and warmed pita on the side and then dig in!

Chicken Shawarma: Chicken, olive oil, lemon juice, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, red chile flake **Roasted Cauliflower and Chickpeas:** Cauliflower, garbanzo bean, olive oil, lemon juice, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, red chile flake **Apple Cabbage Slaw:** Red cabbage, green cabbage, carrot, apple, scallion, cilantro, mayonnaise (canola, water, egg, vinegar, salt, sugar, lemon), apple cider vinegar, dijon mustard, honey, garlic, cumin, coriander, salt, pepper **Dill Lemon Toum:** Canola oil, garlic, lemon, dill, water, salt **Pita:** Whole wheat flour, water, unbleached unbromated enriched wheat flour, contains 2% or less of calcium propionate, caramel color, dextrose, enzymes, fumaric acid, guar gum, lactic acid, natural flavors, salt, sesame flour, sodium bicarbonate, sorbic acid, soybean oil, soy flour, soy protein concentrate, sugar, sunflower oil, vegetable monoglycerides, wheat gluten and yeast

Contains: Poultry, egg, wheat, soy sesame

② READY-TO-EAT

lemony lentil soup with grilled scallion yogurt and crispy kale

Preheat the oven to 350°F. Give the kale a quick rinse, remove the leaves from the tough stems and roughly chop. Place the kale on a sheet pan, drizzle with olive oil and season with salt and pepper. Massage the kale leaves until completely coated in olive oil. Roast for 5 minutes, stir well and roast for 5 minutes more, until slightly crispy but not burnt.

Reheat soup in a saucepan over medium heat until hot, adding up to 1/4 cup water per serving (if needed) and stirring occasionally, for about 6 to 8 minutes.

Portion soup into bowls, garnish with crispy kale and grilled scallion yogurt and dig in!

Lemony Lentil Soup: Red lentil, vegetable stock, onion, celery, carrot, garlic, turmeric, lemon, smoked paprika, salt, pepper, dill, olive oil **Grilled Scallion Yogurt:** Yogurt (milk, enzymes), milk, scallion, lemon, olive oil, salt, pepper **Kale**

Contains: Milk (optional)

③ FARM-TO-FREEZER

jambalaya with andouille sausage, shrimp and chicken

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