

PASTURE AND PLENTY

FEBRUARY 10, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Our classic shakshuka, a one-skillet recipe of eggs baked in a tomato-red pepper sauce, enriched with goat cheese, and with roasted potatoes and pita to sop up all that tomatoey goodness has been one of our most popular meals for years! And, we're excited that the eggs for your meals are coming from OrgaNick Pastures, the first certified humane pasture-raised organic egg company in Wisconsin! We hope you can taste (and see) the difference, y'all!



p&p pizza kit with chickpeas, capers and lemon white wine cream sauce



shakshuka with herb roasted potatoes, egg and pita



baked ziti with roasted eggplant, spinach and sarvecchio besciamella



PRODUCER SPOTLIGHT

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

Winterfell Acres

Elderberry Hill Farm

Sassy Cow Creamery

Happy Valley Farm

Saffi Saana

Sartori Cheese

OrgaNick Pastures

EXTRA GOODNESS

walnut blondies

Instructions: Keep refrigerated and enjoy within 5 days. Bring to room temperature before enjoying!

Ingredients: AP flour, sugar, butter, egg, walnut, vanilla, cornstarch, salt, baking powder

Contains: *Wheat, milk, egg, 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

p&p pizza kit with chickpeas, capers and lemon white wine cream sauce

PREP & COOK TIME

75
MINUTES

IN YOUR BAG

- Pizza Dough
- Cream Sauce
- Mozzarella & Parmesan
- Chickpeas & Capers
- Red Onion
- Rapini

PAIR WITH

the flinty Red Tail Ridge Chardonnay or the malty Pale Weizenbock from Giant Jones

- 1 Keep dough frozen until the day you want to make the pizza and place in the refrigerator to thaw in the morning. At least one hour before baking, take dough out of refrigerator. Remove from packaging with floured hands, split into individual dough balls (one per person) and place on lightly floured surface. Cover with a kitchen towel and let rest while coming to room temperature.
- 2 Preheat oven to 425°F; if you have a convection setting now would be a great time to use it.
- 3 Meanwhile, rinse and dry the rapini. Trim woody stems and roughly chop before massaging rapini and red onion with a bit of olive oil, salt and red pepper flakes (if desired).
- 4 On a baking sheet, gently press down and stretch each pizza dough ball out to an 8 to 10" circle; they should be thin with slightly thicker edges.
- 5 Spread the cream sauce evenly on top of the dough. Spread the chicken and capers out on top, followed by the rapini and then the cheese blend.
- 6 Bake in preheated oven until crust is golden brown, rapini is tender and browned on the edges and the shredded cheese is melted, bubbling and slightly browned, too, about 12 to 15 minutes. Remove from oven.
- 7 To serve, slice with a large knife or pizza cutter. Dig in!

Pizza Dough: Bread flour, water, 00 flour, olive oil, yeast, salt, sugar **Cream Sauce:** Heavy cream, white wine, flour, butter, garlic, onions, red pepper flakes, capers, lemon juice, salt **Mozzarella & Parmesan:** Mozzarella (milk, salt, culture, enzyme), parmesan (milk, salt, culture, enzyme) **Chickpeas & Capers:** Chickpeas, capers, salt, pepper, olive oil, canola oil **Red Onion, Rapini**

Contains: Wheat, milk, alcohol

② READY-TO-EAT

shakshuka with herb roasted potatoes, egg and pita

Preheat oven to 400°F. Place potatoes on a sheet pan and reheat in the oven for about 12 to 15 minutes, until crispy.

Meanwhile, reheat shakshuka in an oven-safe sauté pan over medium heat until hot, about 5 minutes. Gently crack eggs into skillet over shakshuka. Season eggs with salt and pepper. Transfer pan to oven and bake until eggs are just set, 7 to 10 minutes.

Heat pita in the oven on the sheet pan with the potatoes for a minute or two, until warm and pliant.

Divide potatoes onto plates, spoons shakshuka and eggs over the top of potatoes. Scoop up with pita and enjoy!

Shakshuka: Tomato, red and yellow bell peppers, goat cheese (goat milk, cheese culture, rennet, salt), onion, garlic, turmeric, paprika, cayenne, coriander, cardamom, la mesa chili powder, canola oil, salt, pepper **Potatoes:** Yukon gold potato, fingerling potato, olive oil, salt, rosemary, thyme, dill **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 **Egg**

Contains: Wheat, egg, sesame, milk

③ FARM-TO-FREEZER

baked ziti with roasted eggplant, spinach and sarvecchio besciamella

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