

# PASTURE AND PLENTY

MARCH 24, 2025 | OMNIVORE

## HOORAY, IT'S MONDAY!

Anytime La Cosecha's tortillas are on the menu, we count down the days until we get to enjoy them! Made fresh in the P&P Makeshop with stone-ground local organic corn (often from Meadowlark Organics), using traditional nix-tamalization techniques, these tortillas are a real treat. So tender and delicious, full of actual corn flavor, they're nothing like the mass produced corn tortillas in the grocery store! You're going to taste the difference in your tacos, y'all.



### kale caesar salad kit with roasted root vegetables and chicken



### carnitas tacos with salsa verde and creamy cilantro slaw



### curried tofu and vegetable fried rice



### PRODUCER SPOTLIGHT

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

Sartori Cheese

Madison Sourdough Co.

La Cosecha

Winterfell Acres

Vitruvian Farms

Tipi Produce

Saffi Saana

Elderberry Hill Farms

### EXTRA GOODNESS

### yogurt parfait

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Yogurt, blueberry, honey, vanilla, granola (oats, pecans, shredded coconut, pepitas, flaxseed, sliced almond, cranberry, raisin, maple syrup, brown sugar, coconut oil, vanilla, salt)

Contains: Milk, wheat, tree nut (pecan), 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

## kale caesar salad kit with roasted root vegetables and chicken

PREP &  
COOK TIME

40  
MINUTES

IN YOUR BAG

Chicken Breast

Omnivore

Caesar

Dressing

Sarvecchio

Croutons

Vegetable Bag

—

PAIR WITH

the rich and  
flinty Iconic  
Sidekick  
Chardonnay  
or  
the drinkable  
Up North  
Wisconsin  
Lager from  
One Barrel  
Brewing  
Company

- 1 Preheat oven to 400°F.
- 2 Get your prep on! Wash and dry your veg. Trim the ends off of your radishes, turnips and carrots; peel and cut into bite sized pieces. 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. Lightly drizzle your chicken with olive oil, then season with salt and pepper.
- 3 Place chicken and vegetables onto a rimmed 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 20 to 25 minutes. For the last five minutes, toss the croutons onto the pan, too, to heat and crisp up again.
- 4 While the chicken and vegetables are roasting, massage kale leaves with half of the caesar dressing.
- 5 Portion kale salad onto plates, top with roasted vegetables, chicken breast and crispy croutons. Spoon remaining caesar dressing over the top (as desired) and sprinkle with sarvecchio. Enjoy!

*\*Consuming 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, lemon, garlic, anchovy, salt, pepper

**Sarvecchio:** Milk, salt, culture, enzyme **Croutons:** MSCo sourdough (flour, water, salt), MSCO ciabatta (flour, water, salt), olive oil, garlic, salt, pepper

**Vegetable Bag:** Assorted turnips, beauty heart radish, carrots, kale **Chicken Breast**

*Contains: Milk, wheat, poultry, egg, fish*

② READY-TO-EAT

## carnitas tacos with salsa verde and creamy cilantro slaw

Position oven rack close to broiler; preheat broiler to High. Spread carnitas in a single layer on a foil-lined sheet tray, roast in oven until hot and crispy, about 3 to 5 minutes. Alternatively, reheat carnitas in a skillet over medium-high heat for about 3 to 5 minutes, until hot and crispy.

Reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.

Give the cilantro slaw a stir to redistribute the dressing. Taste for seasoning and add extra salt or pepper, if desired.

Build tacos using carnitas, queso fresco, and the salsa verde. Serve the cilantro slaw alongside your tacos. Dig in!

**Carnitas:** Pork, onion, orange, brown sugar, beer, garlic, lime, salt, pepper, paprika, cumin, coriander, oregano, pepper

**Tortillas:** Organic non-GMO corn, water, trace of lime **Salsa Verde:** Tomatillo, vegetable stock, onion, poblano pepper, cilantro, lime, olive oil, salt, pepper

**Queso Fresco:** Pasteurized whole milk, salt, enzymes, culture **Creamy Cilantro Slaw** Red cabbage, green cabbage, carrot, sour cream, greek yogurt, olive oil, garlic, lemon, lime, cilantro, salt, sugar, cumin, coriander, paprika.

*Contains: Pork, milk, alcohol*

③ FARM-TO-FREEZER

## curried tofu and vegetable fried rice

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](http://pastureandplenty.com)

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