

PASTURE AND PLENTY

APRIL 7, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

Sometimes, the whole is greater than the sum of its parts, isn't it? Take grilled cheese sandwiches... they're just bread and cheese, right? But when it's Madison Sourdough's naturally leavened bread made with locally grown and milled grains paired with locally made smoked gouda and muenster cheeses from Silver Lewis Cheese and Kindred Creamery – who have 237 years of cheese making history between them – well, that's when magic happens, friends!



Spring greens pesto pasta with roasted chicken and vegetables



tomato basil soup with grilled cheese and herb butter



South African beef and peanut curry with brown rice



PRODUCER SPOTLIGHT

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

Salvatore's Tomato Pies

Winterfell Acres

Tipi Organics

Driftless Organics

Sartori Cheese

Kindred Creamery

Saffi Saana

Silver Lewis Cheese

EXTRA GOODNESS

berry mocktail

Instructions: Mix as much syrup as desired into lemon soda and enjoy! Extras are great on ice cream or mixed with soda water.

Ingredients: Berry syrup (blueberry puree, Blackberry puree, sugar, water, lime juice, salt), lemon soda (water, lemon juice 12%, lemon pulp, citric acid, ascorbic acid, carbon dioxide, natural flavorings).

Contains: n/a

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

Spring greens pesto pasta with roasted chicken and vegetables

PREP & COOK TIME

75
MINUTES

IN YOUR BAG

- Sal's Rigatoni
- Spring Greens Pesto
- Vegetable Bag
- SarVecchio Cheese
- Chicken Breast

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 and get your prep on! Wash and dry vegetables. Trim tops and bottoms of carrots and turnips, peel, then cut in bite-sized pieces; cut off stem ends of brussels sprouts and, if large, cut in half. In a bowl, season veggies with salt, pepper, and a splash of olive oil.
- 2 Remove chicken from packaging and let breathe for a few minutes. Place chicken on one half of a sheet tray, coat with olive oil and season generously with salt and pepper. Place veg on the other half.
- 3 Roast chicken and vegetables for 10 minutes, then flip chicken and stir the veg. Return to oven and cook for about 10 to 15 more minutes. The chicken should have an internal temperature of 165°F and be golden brown all over. The veg should have caramelized edges and be slightly softened. Take tray out of oven and set aside.
- 4 While chicken and veg are cooking, prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. With your hands, gently loosen the pasta. Once the water is at a roiling boil, carefully place it into the water. Stir immediately to prevent the pasta from sticking together. Reduce the heat to a gentle boil to and cook for 4 to 5 minutes or until preferred al dente texture and drain, reserving a bit of pasta cooking water for later.
- 5 Next, heat pesto in a sauté pan, adding a little pasta water to thin it out. After a few seconds, add the rigatoni and the roasted veg. Toss to coat everything evenly and cook for a minute or two to combine it all and get everything nice and hot. While it's heating, slice chicken into strips.
- 6 Divide pasta onto plates and top with the sliced chicken. Buon appetito!

Sal's Rigatoni: Semolina (wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water **Spring Greens Pesto:** Canola oil, pepitas, parmesan (milk, salt, culture, enzyme), spinach, arugula, basil, red wine vinegar, salt, red chile flake **Vegetable Bag:** Brussels sprouts, carrot, turnip **SarVecchio Cheese:** Milk, culture, salt, enzyme **Chicken Breast**

Contains: Milk, wheat, poultry

② READY-TO-EAT

tomato basil soup with grilled cheese and herb butter

Let herb butter come to room temperature. Meanwhile, heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes.

Place three cheese slices between two slices of bread. Evenly spread softened herb butter on one side of the sandwich. In a medium nonstick skillet, place the sandwich, butter side down. Press the sandwich firmly with a spatula to compress. Cook over medium-low heat until lightly golden underneath, 3 to 4 minutes. Spread herb butter on the top side of the bread, then flip the sandwich over and press firmly. Cook until second side is lightly golden brown and the cheese is fully melted, another 3 to 4 minutes.

Cut sandwich in half and plate; pour soup into bowl and dinner is on!

Bread and Cheese: MSCo bread (flour, water, salt), muenster (milk, culture, salt, enzymes, annato), smoked gouda (milk, culture, salt, enzymes) **Tomato Basil Soup:** Tomato, vegetable stock, onion, celery, carrot, garlic, red wine vinegar, olive oil, basil, sugar, salt, red pepper flake, pepper **Herb Butter:** Cream, garlic, thyme, parsley, rosemary, chive, salt, pepper

Contains: Wheat, milk

③ FARM-TO-FREEZER

South African beef and peanut curry with brown 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
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-2pm