

PASTURE AND PLENTY

APRIL 21, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

And we have a great line-up of meals that we can't wait to share with you this week! Get excited for an easy, sheet pan supper of roasted maple-miso chicken with brussels sprouts and potatoes, with pickled veg alongside; our stewed ropa vieja, rich with tomato, olives, bell peppers, capers and raisins alongside yellow rice with peas and Cuban black beans; and then pasta e ceci – a classic Roman comfort food dish. Oh, don't forget the Earth Day themed dirt cups!



sheet pan maple miso chicken thighs with brussels sprouts, potatoes and pickled vegetables



ropa vieja with Cuban black beans, yellow rice and peas



pasta e ceci



PRODUCER SPOTLIGHT

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

Winterfell Acres
Driftless Organics
Fifth Season Coop
Elderberry Hill Farm
Tipi Produce
Sartori Cheese
Bandung

EXTRA GOODNESS

Earth Day dirt cup

Instructions: Keep refrigerated and enjoy within 3 days!

Ingredients: Mousse (chocolate, cream, water, egg yolk, butter, sugar, salt), dirt crumble (butter, ap flour, brown and white sugar, cocoa powder, oat, salt).

Contains: Wheat, milk, egg.

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

sheet pan maple miso chicken thighs with brussels sprouts, potatoes and pickled vegetables

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Chicken
Thighs

Maple Miso
Sauce

Vegetable Bag

Pickled
Vegetables

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 425°F. Wash and the gem potatoes; cut into quarters. Trim ends and any rough outer leaves from Brussels sprouts; slice them in half.
- 2 Toss the chopped veggies in a bowl with about 3/4 of the the miso maple marinade. Transfer the veggies to a rimmed baking sheet.
- 3 Season your chicken with salt and toss to coat in whatever is left of the marinade in the bowl and the remaining quarter of the marinade. Arrange the chicken pieces between the vegetables on the sheet pan, drizzle with any marinade remaining in the bowl, and place in the pre-heated oven and roast for 15 minutes.
- 4 Stir the veggies after 15 minutes and roast for another 10 minutes or so until vegetables are tender, chicken is cooked through and browned in spots, about 25 to 30 minutes total. An instant-read thermometer should read 165°F* when inserted in the thickest part of the chicken thigh.
- 5 Plate the roast chicken and vegetables, with the pickled carrots and radishes alongside, and enjoy!

**Consuming raw or undercooked meat may increase your risk of foodborne illness.*

Maple Miso Sauce: Maple syrup, miso paste, rice wine vinegar, canola oil, water, salt, cumin **Vegetable Bag:** Baby gem potatoes, brussels sprouts **Pickled Vegetables:** Carrot, radish, rice wine vinegar, white wine vinegar, sugar, salt **Chicken Thighs**

Contains: Poultry, soy

② READY-TO-EAT

ropa vieja with Cuban black beans, yellow rice and peas

Heat ropa vieja, black beans and yellow rice in a sauté pan(s) over medium-low heat until hot, adding a splash of water if needed and stirring occasionally, for about 6 to 8 minutes.

Alternatively, heat them in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice onto plates, plating ropa vieja and beans alongside. Enjoy!

Ropa Vieja: Beef, beef stock, tomato, onion, red bell pepper, green bell pepper, garlic, manzanilla olive, golden raisin, caper, salt, parsley, oregano, cumin, paprika, coriander, allspice, salt **Cuban Black Beans:** Black bean, water, onion, orange, lime, lemon, garlic, cumin, coriander, paprika, oregano, salt **Yellow Rice with Peas:** White rice, water, pea, turmeric, salt

Contains: Beef, olives

③ FARM-TO-FREEZER

pasta e ceci

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