

# PASTURE AND PLENTY

MAY 12, 2025 | OMNIVORE

## HOORAY, IT'S MONDAY!

Local asparagus is starting to roll in, friends! And we're going to be maximizing our intake of this fleeting Spring veggie. Because we all know that farm-fresh and in-season asparagus is flat out so much crisper, sweeter and grassier (in the best way) than store-bought! Big thanks to Farmer Katy at Christensen Farm for this week's load of asparagus for your Spring Vegetable Risotto. Look for more asparagus next week, y'all, because it's that happy time of year!



**grilled chicken breast**  
with Spring vegetable risotto and  
chimichurri sauce



**roasted red pepper and  
feta white beans on toasted  
miche** with greens and lemon  
vinaigrette



**crispy baked Italian sausage  
and mushroom pasta** with  
spinach and parmesan cream sauce



### PRODUCER SPOTLIGHT

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

Winterfell Acres

Saffi Saana

Madison Sourdough Co.

Elderberry Hill Farm

Enos Farms

Vitruvian Farm

Sartori Cheese

Christensen Farm

### EXTRA GOODNESS

### peanut butter blossom cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 325°F. Place cookies on parchment-lined or greased cookie sheet and flatten to ~ 1/2" thick rounds. Bake in preheated oven for ~12-14 minutes until golden on the edges and slightly puffed, rotating halfway through for an even bake.

Ingredients: Peanut butter, oat flour, brown sugar, baking powder, vanilla, salt.

**Contains: Peanut**

### 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

### grilled chicken breast with Spring vegetable risotto and chimichurri sauce

PREP &  
COOK TIME

30  
MINUTES

#### IN YOUR BAG

Chicken Breast

Spring  
Vegetable  
Risotto

Chimichurri  
Sauce

#### PAIR WITH

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

- 1 Rub chicken breasts with a thin layer of oil; season all over with salt and pepper.
- 2 If grilling, preheat your grill for medium-high heat. Place your chicken on the grill, flipping every 2 minutes or so until browned and the middle of the largest piece reads 165°F on an instant-read thermometer, about 8 to 12 minutes. \* Rest, covered, for a few minutes before serving.
- 3 Alternatively, heat a heavy bottomed skillet over medium heat until hot. Add a tablespoon or so of oil and, once oil is rippling, cook chicken breast in preheated skillet, turning occasionally, for about 8 to 12 minutes. The chicken breast should read 165°F with an instant-read thermometer inserted near the center, or thickest part. \* Rest, covered, for a few minutes before serving.
- 4 Meanwhile, gently reheat risotto with up to 1/2 cup of water, stirring often until warm, bubbly, creamy and starting to get sticky, about 6 to 8 minutes.
- 5 Divide risotto onto plates, nestle chicken on top and drizzle the chimichurri sauce over everything. Enjoy!

**Spring Vegetable Risotto:** Arborio rice, vegetable stock, onion, radish, turnip, asparagus, parmesan (milk, culture, salt, enzyme), white wine, garlic, radish greens, turnip greens, red wine vinegar, olive oil, butter, chive, tarragon, dill, parsley, salt, lemon, red chili flake **Chimichurri Sauce:** Canola oil, olive oil, red wine vinegar, white wine vinegar, garlic, shallot, lime juice, jalapeño, cilantro, parsley, oregano, chive, salt, salt, pepper, red chili flake. **Chicken Breast**

*Contains: Poultry, milk, alcohol*

## ② READY-TO-EAT

### roasted red pepper and feta white beans on toasted miche with greens and lemon vinaigrette

Warm red pepper white beans over medium-low heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes.

Meanwhile, toss mixed greens with desired amount of vinaigrette and pop miche into the toaster oven for just a few seconds to warm.

Spoon hot red pepper white beans onto the top of the toasted miche, sprinkle with crumbled feta, and serve salad on the side. Enjoy!

**Red Pepper White Beans:** White bean, vegetable stock, red bell pepper, onion, celery, carrot, tomato paste, tomato, garlic, lemon, red wine vinegar, salt, pepper **Feta:** Pasteurized milk, salt, cheese culture, enzymes **MSCo Miche:** Flour, water, salt **Lemon Vinaigrette** Canola oil, white wine vinegar, lemon, dijon mustard, honey, salt, pepper **Salad Greens**

*Contains: Milk, wheat*

## ③ FARM-TO-FREEZER

### crispy baked Italian sausage and mushroom pasta with spinach and parmesan cream sauce

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