

# PASTURE AND PLENTY

JUNE 23, 2025 | OMNIVORE

## HOORAY, IT'S MONDAY!

Get excited for a week of summery meals! Look for toothy Sal's rigatoni with vodka sauce paired with herbed ricotta, fresh spinach and pan-seared chicken breast; a loaded panzanella salad made with Madison Sourdough croutons, little gem lettuce from Vitruvian Farm and loads of great toppings, including artichokes, mushrooms and chickpeas; and last (but not least) everyone's perennial fave, South African Peanut Curry!



**Sal's rigatoni a la vodka with chicken, spinach, turnips and herbed ricotta**



**panzanella salad with artichokes, chickpeas, asparagus, mushrooms, mozzarella and lemon dill vinaigrette**



**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:*

Arndt Land and Cattle

Flyte Family Farms

Driftless Organics

Madison Sourdough Co.

Vitruvian Farms

Winterfell Acres

Sal's Tomato Pies

### EXTRA GOODNESS

## chocolate cream puff

Instructions: Keep refrigerated and enjoy within 3 days!

Ingredients: Choux pastry (egg, flour, water, butter, sugar, salt), chocolate filling (cream, chocolate, egg yolks, butter, sugar, water, salt, vanilla).

Contains: Egg, wheat, milk

### 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

## Sal's rigatoni a la vodka with chicken, spinach, turnips and herbed ricotta

PREP &  
COOK TIME

45  
MINUTES

IN YOUR BAG

Chicken Breast

Sal's Rigatoni

Vodka Sauce

Herbed  
Ricotta

Vegetable Bag

PAIR WITH  
the juicy and  
spicy Ercole  
Barbera del  
Monferrato  
or  
the hoppy and  
crisp Snappy  
American IPA  
from Hillsboro  
Brewing Co.

- 1 Pat chicken dry and season with salt and pepper. Heat a splash of olive oil in a large sauté pan over medium heat. Add the chicken and immediately reduce the heat to medium-low. Cook until the bottoms are browned but not burnt, 5 to 7 minutes. Flip the chicken, cover the pan and cook until the other sides are browned and the internal temperature at the thickest part of the meat reaches 165°F, another 5 to 7 minutes. Set aside to rest.
- 2 While the chicken is cooking, remove the vegetables from their bag; rinse and dry the turnips and spinach to clean them. Trim the turnips, slice into 1/4-inch thick coins or wedges. Remove any thick stems from the spinach and roughly chop; set aside.
- 3 Wipe out your sauté pan. Heat a splash of olive oil in the pan over medium heat. Add the turnips to the pan, season with salt and pepper, and cook, stirring occasionally, about 6 to 8 minutes, or until the vegetables are golden brown on the edges and starting to soften.
- 4 While the chicken and turnips are cooking, bring a large pot of salted water — salty like the sea — to a boil over high heat; drop in pasta and cook until tender with a bite, about 3 minutes. You want them slightly under al dente. Drain pasta, reserving a few cups or so of pasta cooking water; set aside.
- 5 Add the vodka sauce to the sauté pan with the turnips and cook over medium heat until just beginning to steam in the pan. Add the spinach and stir; cooking for a minute or two to wilt. Add cooked pasta to the sauté pan with the sauce and spinach.
- 6 Add some of the cooking water to loosen the thick tomato sauce. Cook, stirring often, until the sauce coats the noodles and the noodles are now clearly al dente, about 5 minutes. Check seasoning and adjust with more salt and pepper, as desired. The sauce should glossily coat the noodles; add more pasta water if the sauce looks dry.
- 7 Plate the rigatoni a la vodka, set the pan-seared chicken breast on top and dollop on the herbed ricotta. Enjoy!

**Sal's Rigatoni:** Semolina, water **Vodka Sauce:** Tomato, onion, red onion, tomato paste, heavy cream, vodka, garlic, olive oil, red chile flake, salt, white wine vinegar, pepper **Herbed Ricotta:** Ricotta (whole milk, whey, vinegar, salt), lemon juice, dill, parsley, chives, thyme, salt **Vegetable Bag:** Spinach, turnip **Chicken Breast**

*Contains: Alcohol, wheat, milk, poultry*

② READY-TO-EAT

## panzanella salad

Preheat oven (or toaster oven) to 350°F. Place sourdough croutons on a baking sheet, with the mushrooms alongside, and reheat for about 5 minutes until warm and crunchy/crispy.

Meanwhile, snap the tough ends of your asparagus and cut the asparagus on the bias into very thin slices (~ 1/8" thick), leaving tips intact.

In a large bowl, toss the heated sourdough croutons and mushrooms, sliced asparagus and the other salad toppings. Drizzle with half of the vinaigrette; stir to combine. Toss gently, then add the mixed greens. Taste and adjust the seasonings, adding more vinaigrette, salt and pepper as desired. Plate the panzanella and enjoy!

**Croutons:** MSCo sourdough (flour, water, salt), olive oil, salt, pepper **Vinaigrette:**

Canola oil, lemon juice, olive oil, apple cider vinegar, white wine vinegar, dill, dijon mustard, shallots, garlic, sugar, salt

**Salad Toppings:** Chickpea, artichoke, mozzarella (pasteurized milk, culture, salt, enzymes)

**Mushrooms:** Oyster mushroom, shiitake mushroom, black king trumpet mushroom, olive oil, salt

*Contains: Wheat, milk, mushroom*

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  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

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