

PASTURE AND PLENTY

AUGUST 18, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for a summery veg-packed menu, y'all! We're packing: crispy suya-spiced salmon – a punchy peanut-based spice blend with ginger, garlic, paprika and panko breadcrumbs – with a cucumber tomato salad and coconut rice; a beat-the-heat cold heirloom tomato gazpacho with baguette and creamy white bean purée; and a baked pasta with all the flavors and veg (eggplant, tomatoes, zucchini and bell pepper) of our fave classic summer stew, ratatouille!



crispy suya salmon
with cucumber tomato salad and
coconut rice



heirloom tomato gazpacho
with baguette and white bean purée



baked ratatouille pasta
with Italian sausage



PRODUCER SPOTLIGHT

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

- Bering Bounty
- Jenny's Tofu
- Happy Valley Farm
- Winterfell Acres
- Crossroads Community Farm
- Tipi Organic Produce
- Sartori Cheese
- Vitruvian Farm

EXTRA GOODNESS

brown butter chocolate chip cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.

Contains: Milk, wheat, 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

crispy suya salmon with cucumber tomato salad and coconut rice

PREP & COOK TIME

25
MINUTES

IN YOUR BAG

- Bering Bountry Salmon (Keep Frozen)
- Suya Mix
- Cucumber Tomato Salad
- Coconut Rice

PAIR WITH

the zesty and fruity Sea Cove Sauvignon Blanc or the crisp Sweet Sunglasses Blonde Ale from Hop Haus

- 1 To safely quick-thaw your fish: keep it in the vacuum-sealed packaging and submerge it in cold tap water, changing water every 30 minutes; it should take 30 minutes to an hour. Prepare and consume fish immediately after thawing.
- 2 Preheat oven to 425°F. Line a sheet pan with parchment paper.
- 3 Remove salmon from packaging; rub the flesh side of your salmon with olive oil and then season with salt and pepper. Place on the parchment-lined sheet pan. Sprinkle suya panko seasoning evenly over the top of the fish, pressing lightly to adhere to the olive oil, then place the pan in the oven.
- 4 Roast the salmon for about 10 to 15 minutes. Bake until panko is golden and the fish is cooked to taste.* The salmon tail or belly should begin to crack slightly — flesh should flake gently away and be slightly translucent at the skin of the thickest point (the USDA recommends cooking salmon to 145°F or well-done). Generally, you'll need about 10 minutes of cooking per inch of thickness (or height) of your salmon fillet. Once cooked, salmon can easily be removed from the skin, if desired.
- 5 Meanwhile, gently reheat the coconut rice in a saucepan over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking.
- 6 Give the cucumber tomato salad a stir to redistribute the dressing.
- 7 Plate warm coconut rice with the cucumber tomato salad alongside and top with suya salmon. Enjoy!

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

Suya Mix: Peanut, panko, smoked paprika, powdered ginger, garlic powder, onion powder, salt, cayenne **Cucumber Tomato Salad:** Tomato, cucumber, pickled red onion (red onion, white wine vinegar, red wine vinegar, salt, sugar), cilantro, basil, olive oil, salt **Coconut Rice:** White rice, toasted sweetened coconut flake, water, salt **Bering Bounty Salmon**

Contains: Fish, coconut, wheat, peanut

② READY-TO-EAT

heirloom tomato gazpacho with baguette and white bean purée

Cut baguette in half and toast; spread white bean purée evenly over the toasted halves.

Give soup a quick stir to recombine everything — gazpacho should be served cold — then portion into bowls.

Serve gazpacho drizzled with a bit of olive oil and a twist of black pepper; serve toasted baguette and bean purée alongside. Enjoy!

Gazpacho: Heirloom tomato, cucumber, onion, MScO sourdough bread (flour, water, salt), red bell pepper, garlic, sherry vinegar, salt, pepper, olive oil **Baguette:** Flour, water, yeast, potato flour, sugar, palm oil, salt, cultured wheat flour, vinegar, guar gum, ascorbic acid, enzymes **White Bean Purée:** White bean, water, garlic, lemon, salt, red chile flake

Contains: Wheat

③ FARM-TO-FREEZER

baked ratatouille pasta with Italian sausage

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