

PASTURE AND PLENTY

SEPTEMBER 2, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

We hope you got out, enjoyed the weather and did alllll the things this Labor Day weekend! Because we have your backs this week. We packed your meal kits with an easy sheet pan dinner of gogchujang chicken and vegetables, a white bean kale caesar salad kit and a cozy Fall soup with lemony pinto beans and copious amounts of hearty greens! Oh, and we tossed in some coconut macaroons, too, because you deserve them. Happy Week!



gochujang chicken thighs and vegetables with scallion rice



kale caesar salad with Madison Sourdough croutons, white beans and roasted vegetables



lemony pinto bean soup with turkey and greens



PRODUCER SPOTLIGHT

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

Vitruvian Farm

Saffi Saana

Driftless Organics

Winterfell Acres

Flyte Family Farm

Madison Sourdough Co.

Sartori Cheese

EXTRA GOODNESS

coconut macaroon

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Sweetened shredded coconut, egg white, sugar, unsweetened desiccated coconut, vanilla, salt

Contains: Coconut, 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

gochujang chicken thighs and vegetables with scallion rice

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Chicken
Thighs

Vegetable Bag

Scallion Rice

Gochujang
Marinade

PAIR WITH

the fun and
easy-going
Brisat Azimut
Orange 2024
or
the refreshing
Commuter
Kölsch from
One Barrel
Brewing Co.

- 1 Preheat oven to 425°F. Wash and dry your veg. Cut potatoes into bite sized pieces. Cut off the stem end of your green beans, then cut green beans in half. De-stem your peppers, de-seed and cut into bite sized pieces.
- 2 Toss the chopped potatoes in a bowl with up to 1/4 of the gochujang marinade, adding the marinade to taste. If it's too spicy, simply add less and, if needed, toss the veggies a bit of olive oil and season with salt and pepper. Transfer the potatoes to a rimmed baking sheet. Toss the green beans and peppers in the bowl, and add up to another 1/4 of the marinade (you want to reserve about 1/2 of the total marinade to use as a sauce when eating); stir to coat and reserve for later. Place the sheet pan with the potatoes in the pre-heated oven and roast for 10 minutes.
- 3 After 10 minutes, remove the sheet pan from the oven, stir the potatoes and add in the reserved green beans and bell peppers. Then, season your chicken with salt and toss to coat in whatever is left of the glaze in the bowl. Nestle the chicken pieces between the vegetables on the sheet pan, drizzle with any marinade remaining in the bowl, and place the sheet pan back in the pre-heated oven and roast for about 20 more minutes. Make sure to stir the veggies every 5 to 10 minutes to check for doneness; keep roasting until vegetables are tender and well-browned and chicken is cooked through (an instant-read thermometer should read 165°F when inserted in the thickest part of the chicken thigh).
- 4 While chicken and vegetables are roasting, warm the scallion rice in a saucepan over medium-low heat, adding a little water and stirring occasionally, until hot, about 8 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave on medium high until hot, 3 to 8 minutes; stir halfway through heating time.
- 5 Plate the scallion rice, top with the roast chicken and vegetables, drizzle all over with the gochujang sauce (as desired) and enjoy!

Vegetable Bag: Red potatoes, green beans, red bell pepper **Scallion Rice** White rice, water, scallion, salt, pepper **Gochujang Marinade:** Gochujang (wheat flour, corn syrup, water, hot pepper powder, salt, wheat, distilled alcohol, defatted soybean powder, koji), soy sauce, white miso, rice vinegar, sesame oil, brown sugar, salt **Chicken Thighs**

Contains: Wheat, soy, sesame, poultry

② READY-TO-EAT

kale caesar salad with Madison Sourdough croutons, white beans and roasted vegetables

Preheat a heavy bottomed skillet (or grill pan) over high heat, then add a drizzle of olive oil. Add your white beans and vegetables, stirring every 2 minutes or so until everything is heated through.

While the chicken and vegetables are reheating, toss kale leaves and sarvecchio with half of the caesar dressing. Massage dressing into leaves, then toss with the croutons.

Portion kale salad onto plates, top with roasted vegetables and white beans. Spoon remaining caesar dressing over the top (as desired) and enjoy!

Kale & Sarvecchio: Kale, sarvecchio (milk, salt, culture, enzyme) **Dressing:** Canola oil, red wine vinegar, dijon mustard, sarvecchio (milk, salt, culture, enzyme), egg yolk, lemon, garlic, salt, pepper **Croutons:** MSCO sliced sourdough (flour, water, salt), MSCO ciabatta (flour, water, salt), olive oil, garlic, salt, pepper **Vegetables:** Yellow summer squash, zucchini, cherry tomato, olive oil, salt, pepper

Contains: Milk, wheat, egg

③ FARM-TO-FREEZER

lemony pinto bean soup with turkey and greens

See label for instructions and



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

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