

# PASTURE AND PLENTY

SEPTEMBER 15, 2025 | OMNIVORE

## HOORAY, IT'S MONDAY!

And we have a great week of veg-packed and warm-weather friendly meals ahead! Look for: summer roll rice noodle salad packed with tender mixed greens, crunchy shredded carrots, sweet dragon tongue beans, and an herby and peanutty dressing; buffalo lettuce wraps with house-made ranch and a carrot-apple salad; and our take on ratatouille, a classic Provençal dish chock-full of eggplant, peppers, tomatoes and zucchini with creamy cheddar polenta!



### summer roll noodle salad kit with wild-caught salmon



### buffalo chicken lettuce wraps with carrot-apple salad and house-made ranch dressing



### ratatouille with cheesy polenta



## PRODUCER SPOTLIGHT

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

- Jenny's Tofu
- Happy Valley Farm
- Driftless Organics
- Crossroads Community Farms
- Tipi Produce
- Green Barn Farm
- Saffi Saana

## EXTRA GOODNESS

### roasted carrot muffins

Instructions: Store at room temperature and enjoy within 3 days. Best enjoyed briefly warmed up in a microwave or toaster oven and slathered with butter.

Ingredients: Carrots, ap flour, sugar, milk, orange, egg, butter, ground ginger, baking powder, baking soda, salt, vanilla.

Contains: *Wheat, egg, 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

summer roll noodle salad kit with wild-caught salmon

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

- Wild-Caught Coho Salmon
- Vermicelli Rice Noodles
- Vegetable Bag
- Peanut Sauce
- Mixed Greens

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

- 1 Keep salmon frozen until ready to cook. 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 While the salmon is thawing, prep your vegetables. Peel and trim the carrots, then coarsely grate them. Set aside for later. Also trim the stem ends off of the dragon tongue beans; then toss with olive oil, salt and pepper.
- 4 Once thawed, remove salmon from packaging; rub the flesh side of your salmon with olive oil and then season with salt and pepper. Place on one side of the parchment-lined sheet pan, place your dragon tongue beans on the other half. Roast the salmon and beans for about 10 to 15 minutes. Bake until the fish is cooked to taste and beans are tender and browned on the edges. 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 While the beans and salmon are cooking, bring a pot of water to a boil. Place rice noodles into boiling water, cover and turn off the heat. Let sit for 3 to 4 minutes, then loosen with noodles with a fork. Drain noodles in a colander and rinse with cold water; shaking the noodles in the colander to dry them. Toss the rice noodles with half of the peanut sauce.
- 6 Top noodles with the carrots, mixed greens, roasted dragon tongue beans and roasted salmon. Spoon the remaining peanut sauce over everything and enjoy!

**Wild-Caught Coho Salmon:** Keep Frozen **Vermicelli Rice Noodles:** Rice flour, water **Vegetable Bag:** Dragon tongue bean, carrot **Peanut Sauce:** Peanuts, water, soy sauce, hoisin sauce (sugar, water, fermented soybean paste [water, salt, soybeans, wheat flour], salt, modified food starch, contains less than 2% of sweet potato powder, sesame paste, caramel color, spices, dehydrated garlic, salted chili peppers, acetic acid, FD&C red no. 40, potassium sorbate), lime juice, rice wine vinegar, sambal oelek, ginger, salt, sugar, cilantro, mint **Mixed Greens**

Contains: Peanut, soy, sesame, wheat, fish

② READY-TO-EAT

buffalo chicken lettuce wraps with carrot-apple salad and house-made ranch dressing

Warm chicken in a saucepan over medium low heat until hot, 7 to 10 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave chicken on medium high until hot, about 3 to 5 minutes.

Meanwhile, separate leaf lettuce, wash under cold water, and then dry. Give carrot-apple salad a toss to evenly coat with dressing.

Divide chicken onto lettuce wraps. Top with apple-carrot salad and ranch dressing, or serve salad on the side. Dig in!

**Buffalo Chicken:** Chicken, celery, spices, butter, cayenne, distilled vinegar, water, garlic powder, salt **Ranch Dressing:** Buttermilk, sour cream, soybean oil, egg, distilled vinegar, lemon, mustard, onion powder, garlic powder, chives, parsley, dill, lemon, salt, pepper **Slaw:** Red cabbage, carrot, celery, apple, parsley, lemon, olive oil, salt, pepper **Red Leaf Lettuce**

Contains: Milk, egg, poultry

③ FARM-TO-FREEZER

ratatouille with cheesy polenta

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