

PASTURE AND PLENTY

SEPTEMBER 29, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

And, we have a veg-packed menu for you this week! Get excited for: an easy sheet pan supper with Sicilian caponata (a sweet-sour roasted blend of eggplant, peppers, tomatoes, capers and olives), roasted potatoes and wild-caught Atlantic cod; a classic Vietnamese salad of tender pulled chicken, crunchy cabbage, sweet carrot, pickled onion, fresh herbs and crispy toppings, served with a gingery sauce; and a cheesy baked pasta with a pumpkin cream sauce!



sheet pan caponata
with wild-caught Atlantic cod and
roasted potatoes



**Vietnamese chicken and
cabbage salad**



**cheesy baked pumpkin
pasta with kale, shredded brussels
sprouts and butternut squash**



PRODUCER SPOTLIGHT

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

- Vitruvian Farms
- Winterfell Acres
- Tipi Organics
- Crossroads Community Farm
- Olden Organics
- Cattail Organics
- Saffi Saana
- Hook's Cheese
- Roth Cheese
- Sartori Cheese

EXTRA GOODNESS

apple butter

Instructions: Keep refrigerated for up to one month. Enjoy on toasted english muffins or freshly made bread! Try it heated over top of salted caramel or vanilla ice cream. Or just eat it by the spoonful!

Ingredients: Apple, maple syrup, salt, cinnamon.

Contains: n/a

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

sheet pan caponata with wild-caught Atlantic cod and roasted potatoes

PREP & COOK TIME

50 MINUTES

IN YOUR BAG

Atlantic Wild-Caught Cod

Caponata Sauce

Vegetable Bag

Cherry Tomatoes

PAIR WITH

the fun and easy-going Brisat Azimut Orange 2024 or

the refreshing Commuter Kölsch from One Barrel Brewing Co.

- 1 Keep cod 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 While cod is thawing, prep your vegetables. Wash and dry your cherry tomatoes, eggplant, potatoes and peppers. Trim the stem end of the eggplant, then cut into 1-inch pieces. Stem and seed the pepper, then also cut it into 1-inch pieces. Peel and trim the red onion, then cut into 1/2-inch pieces. Cut the potatoes into rough 1-inch cubes.
- 3 Preheat oven to 425°F. Get out two rimmed sheet pans; line with parchment paper.
- 4 Arrange the eggplant, pepper, tomatoes and onion on one parchment-lined rimmed baking sheet; put the potatoes on the other. Drizzle both trays with olive oil, sprinkle with salt and pepper, and toss vegetables to evenly coat. Bake, stirring occasionally, about 20 to 30 minutes. The vegetables on the eggplant tray should be soft and beginning to caramelize around the edges, while the potatoes should be starting to brown on the edges and get crispy.
- 5 Remove the tray with the eggplant from oven and reduce oven temperature to 300°F. Transfer the contents of the eggplant tray to a medium bowl and add the caponata sauce, tossing combine. Using a fork or potato masher, mash until some of the vegetables have broken down and the mixture is creamy. (Don't overdo it; be sure to leave plenty of large chunks.) Let sit at room temperature while you prepare and cook the fish.
- 6 Using paper towels, pat the fish dry. Nestle the cod fillet(s) onto the sheet pan with the potatoes. Thinly coat with olive and season with salt and pepper. Bake until the fish is opaque and flakes easily with a fork, 10 to 15 minutes, depending on thickness of fish. Potatoes should keep getting even crunchier and more delicious.
- 7 Place your roasted potatoes and fish on your plate and top with the caponata. Enjoy!

Caponata Sauce: Green olive, caper, red wine vinegar, sugar, parsley
Vegetable Bag: Eggplant, pepper, red onion, potato **Cherry Tomatoes, Atlantic Wild-Caught Cod**

Contains: Olive, fish

② READY-TO-EAT

Vietnamese chicken and cabbage salad

In a large bowl, thoroughly toss together shredded chicken with the cabbage salad, and half of the dressing. Let sit and absorb the dressing for a bit, ideally at least 20 minutes.

After sitting for a bit, taste and adjust seasoning and add more dressing, as needed. Top with crispy shallots and peanuts. Enjoy!

Pulled Chicken: Chicken, water, salt, ginger, scallion **Cabbage Salad:** Red cabbage, green cabbage, carrot, bell pepper, pickled red onion, cilantro **Dressing:** Orange, lemon, lime, red onion pickling liquid (white wine vinegar, apple cider vinegar, water, salt, sugar), soy sauce, sesame oil, ginger, garlic, thai chili **Crispy Shallots & Peanuts:** Peanut, shallot, canola oil, salt

Contains: Peanut, poultry, soy, sesame

③ FARM-TO-FREEZER

cheesy baked pumpkin pasta with kale, shredded brussels sprouts and butternut squash

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

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