

PASTURE AND PLENTY

DECEMBER 8, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

Our menu this week is perfect for the wintery week ahead. Get excited for: pan-seared pork chop served atop creamy polenta with sautéed Winter Moon vegetables and a cranberry mostarda; our classic shakshuka, with eggs, roasted potatoes and pita to sop up all that tomatoey goodness; and our take on "marry me" chicken in a creamy sun-dried tomato sauce with roasted vegetables over rice! And, our Bakeshop made y'all a little holiday treat... toffee!



pan-seared pork chop with sautéed Winter Moon vegetable blend, polenta and cranberry mostarda



shakshuka with herb roasted potatoes, egg and pita



"marry me" creamy sundried tomato chicken with roasted vegetables and brown rice



PRODUCER SPOTLIGHT

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

- Fifth Season Coop
- Meadowlark Organics
- Barnard Farms
- Elderberry Hill Farm
- Winterfell Acres
- Tipi Organics
- Saffi Saana

EXTRA GOODNESS

salted chocolate almond toffee

Instructions: Store at room temperature and enjoy within one week!

Ingredients: Toffee (sugar, butter, corn syrup, salt), chocolate chips, sliced almonds, sea salt.

Contains: Milk, tree nuts (almond)

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

pan-seared pork chop with sautéed Winter Moon vegetable blend, polenta and cranberry mostarda

PREP & COOK TIME

35
MINUTES

—
IN YOUR BAG

Pork Chop

Winter Moon
Vegetable
Blend

Polenta

Cranberry
Mostarda

—

PAIR WITH
the rich and
slightly
mineral
OVUM PNK
Salt Rosé
or
the drinkable
Up North
Wisconsin
Lager from
One
Barrel

- 1 Preheat oven to 425°F. Toss Winter Moon vegetables with a splash of olive oil, salt and pepper. Spread vegetable blend on a sheet tray, in a single layer. If necessary, use more than one tray.
- 2 Roast veggies in preheated oven until tender and edges are beginning to caramelize, 25 to 30 minutes, stirring occasionally.
- 3 While veggies are cooking, pat pork chops dry and season generously with salt and pepper. Heat a heavy bottomed skillet over medium heat until hot. Add a tablespoon or so of oil and, once oil is rippling, sear pork chops in preheated skillet, turning occasionally, until no longer pink at the center, about 8 to 12 minutes. The chop should read 145°F with an instant-read thermometer inserted near the center.* Remove the pork chop and let rest, covered loosely with foil, for a few minutes before serving. Keep the skillet handy.
- 4 While the pork chop is cooking, warm creamy polenta in a saucepan over medium heat, adding a little water or milk 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, and add in a small amount of water or milk if needed.
- 5 In the same skillet you cooked the pork chop (any excess oil carefully poured out), heat the cranberry mostarda over medium heat for about 2 to 3 minutes, until hot. Make sure to scrape the bottom of the pan with a wooden spoon to loosen any browned bits caramelized drippings.
- 6 Divide polenta onto individual serving plates, top with pork chop, winter moon vegetables and warmed cranberry sauce. Enjoy!

*Consuming undercooked pork may increase your risk of foodborne illness.

Winter Moon Vegetable Blend: Butternut squash, gold potatoes, carrots, red and gold beets **Polenta:** Polenta, water, parmesan, milk, salt, pepper, red chile flake **Cranberry Mostarda:** Apple, dried cranberry, water, white wine, white wine vinegar, apple cider vinegar, sugar, yellow mustard seed, salt, brown mustard seed, ground mustard, ground ginger, pepper, ground clove **Pork Chop**

Contains: Pork, milk, alcohol

② READY-TO-EAT

shakshuka with herb roasted potatoes, egg and pita

Preheat oven to 400°F. Place potatoes on a sheet pan and reheat in the oven for about 12 to 15 minutes, until crispy.

Meanwhile, reheat shakshuka in an oven-safe sauté pan over medium heat until hot, about 5 minutes. Gently crack eggs into skillet over shakshuka. Season eggs with salt and pepper. Transfer pan to oven and bake until eggs are just set, 7 to 10 minutes.

Heat pita in the oven on the sheet pan with the potatoes for a minute or two, until warm and pliant.

Divide potatoes onto plates, spoon shakshuka and eggs over the top of potatoes. Scoop up with pita and enjoy!

Shakshuka: Tomato, red and yellow bell peppers, goat cheese (goat milk, cheese culture, rennet, salt), onion, garlic, turmeric, paprika, cayenne, coriander, cardamom, la mesa chili powder, canola oil, salt, pepper
Herb Roasted Potatoes: Yukon gold potato and/or fingerling potato, olive oil, parsley, rosemary, dill, thyme, salt, pepper **Pita:** Enriched wheat flour, water, soybean oil, yeast, salt, sugar, dough conditioner, baking powder, nonfat dry milk, calcium propionate, potassium sorbate, yeast nutrients, whole wheat flour
Eggs

Contains: Milk, wheat, egg, soy

③ FARM-TO-FREEZER

"marry me" creamy sundried tomato chicken with roasted vegetables and 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
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-2pm