

# PASTURE AND PLENTY

DECEMBER 8, 2025 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Our menu this week is perfect for the wintery week ahead. Get excited for: pan-fried halloumi 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" chickpeas in a creamy sun-dried tomato sauce with roasted vegetables over rice! And, our Bakeshop made y'all a little holiday treat... toffee!



**pan-fried halloumi with sautéed Winter Moon vegetable blend, polenta and cranberry mostarda**



**shakshuka with herb roasted potatoes, egg and pita**



**"marry me" creamy sundried tomato chickpeas 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-fried halloumi with sautéed Winter Moon vegetable blend, polenta and cranberry mostarda

PREP & COOK TIME

35 MINUTES

IN YOUR BAG

Halloumi

Winter Moon Vegetable Blend

Polenta

Cranberry Mostarda

PAIR WITH the rich and slightly mineral-ly 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 Cut halloumi crosswise into ½-inch slices and pat dry with a kitchen towel. Heat a few tablespoons of olive oil in a large nonstick skillet over medium-high heat. When the oil is shimmering, but not smoking, carefully add the halloumi planks to the pan in a single layer using tongs. Fry for 3 to 5 minutes on each side, or until well-browned all over. You may need to fry in batches, adding extra oil as needed. Set halloumi aside, but keep the skillet handy.

4 While the halloumi 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 halloumi (any excess oil carefully poured out), heat the cranberry sauce 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.

6 Divide polenta onto individual serving plates, top with halloumi, winter moon vegetables and warmed cranberry sauce. Enjoy!

**Halloumi:** Blend of pasteurized cow, sheep, and goat's milk, salt, mint, rennet (non-animal) **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

Contains: 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

③ FARM-TO-FREEZER

"marry me" creamy sundried tomato chickpeas 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  
608.665.3770 • pastureandplenty.com

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