PASTURE AND PLENTY

DECEMBER 22, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

Hope your holiday week ahead will be filled with joy and delicious food, friends. We're here to help with: an easy sheet pan dinner of chicken thighs and vegetables livened up with a gochujang marinade, adding salty, spicy and umami-rich layer of flavor; a warming bowl of tomato basil soup with grilled cheese sammies, for a classic comfort food meal; and, everyone's fave shepherd's pie topped with our creamy, sarvecchio-laden mashed potatoes!

THE COOK KIT 1 EAT WELL, WORK LESS.

gochujang chicken thighs and vegetables with scallion rice

READY-TO-EAT 2 DINNER. DONE.

tomato basil soup with grilled cheese and herb butter

FARM-TO-FREEZER 3 REAL FOOD, ANYTIME.

beef & pork shepherd's pie with sarvecchio mashed potatoes

WE LOVE LOCAL

PRODUCER SPOTLIGHT

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

- Bandung
- Elderberry Hill Farm
- Hook's Cheese
- Kindred Creamery
- Madison Sourdough Co.
- Winterfell Acres
- Alsum Sweet Corn
- Tipi Organics
- Sassy Cow Creamery
- Fifth Season Coop

EXTRA GOODNESS

hot chocolate mix

Instructions: Whisk 3 to 4 tablespoons of mix into 1 cup (8 oz) of warmed milk of your choice.

Ingredients: Milk powder, powdered sugar, cocoa powder, sugar, salt.

Contains: 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

gochujang chicken thighs and vegetables
with scallion rice

PREP & COOK TIME

45 MINUTES

—

IN YOUR BAG

Chicken Thigh

Vegetable Bag

Gochujang Sauce

Scallion Rice

—

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. Peel your carrots and watermelon radish. Destem your kale, discard the stems and roughly chop the leaves and set aside for later. Chop carrots and radish into bite sized pieces, about 1/4 inch slices.
2. Toss the chopped carrots and radish in a bowl with up to 1/2 of the gochujang marinade, adding the marinade to taste. If it's too spicy, simply add less and, if needed, toss the veggies in a bit of olive oil and season with salt and pepper. Transfer the veg to a rimmed baking sheet. Place the sheet pan with the veg in the pre-heated oven and roast for 10 minutes.
3. After 10 minutes, remove the sheet pan from the oven, stir the carrots and radish. 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 ithe 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; add the chopped kale to the roasting veg for the last 5 minutes of the cook. 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. Alternatively, remove lid, cover with a plate or paper towel, and microwave on medium high until hot, 1 to 3 minutes; stirring about every 30 seconds.
5. Plate the scallion rice, top with the roast chicken and vegetables, drizzle all over with the last half of the gochujang sauce (as desired) and enjoy!

Vegetable Bag: Rainbow carrots, watermelon radish, kale **Gochujang Sauce:** 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 **Scallion Rice:** White rice, water, scallion, salt, pepper **Chicken Thigh**

Contains: Wheat, soy, sesame, poultry

2 READY-TO-EAT

tomato basil soup with
grilled cheese and herb butter

Let herb butter come to room temperature.

Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes.

Place cheese slices between two slices of bread. Evenly spread softened herb butter on one side of the sandwich. In a medium nonstick skillet, place the sandwich, butter side down. Press the sandwich firmly with a spatula to compress. Cook over medium-low heat until lightly golden underneath, 3 to 4 minutes. Spread herb butter on the top side of the bread, then flip the sandwich over and press firmly. Cook until second side is lightly golden brown and the cehese is fully melted, another 3 to 4 minutes.

Cut sandwich in half and plate; pour soup into bowl and dinner is on!

Tomato Soup: Tomato, vegetable stock, onion, celery, carrot, garlic, red wine vinegar, basil, sugar, salt, red pepper flake, pepper, olive oil **MSCo Bread & Cheese:** MSCo bread (flour, water, salt), muenster (milk, culture, salt, enzymes, annato), smoked gouda (milk, culture, salt, enzymes) **Herb Butter:** Cream, garlic, thyme, parsley, rosemary, chive, salt, pepper

Contains: milk, wheat

3 FARM-TO-FREEZER

beef & pork shepherd's pie with
sarvecchio mashed potatoes

See label for instructions and ingredients.

YOU CAN'T BUY HAPPINESS BUT YOU CAN BUY LOCAL · P&P

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