

# PASTURE AND PLENTY

JANUARY 5, 2026 | OMNIVORE

## HOORAY, IT'S MONDAY!

We've got a menu of easy faves for your first week of 2026, friends! Get excited for: a sheet pan supper that riffs off of Sicilian caponata (a sweet-sour roasted blend of eggplant, peppers, tomatoes, capers and olives) with roasted potatoes and wild-caught Atlantic cod; pasta alla norma, with RP's rigatoni tossed with a classic Sicilian tomato sauce, rich with olive oil and sautéed eggplant; and a creamy white bean chicken chili topped with crispy tortilla strips!



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



**pasta alla norma**  
with RP's rigatoni



**white chicken chili**  
with tortilla strips



## PRODUCER SPOTLIGHT

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

Winterfell Acres

Alsum Sweet Corn

Saffi Saana

RP's Pasta

Sartori Cheese

Vitruvian Farms

## EXTRA GOODNESS

### overnight oats with spiced plum compote

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Overnight oats (milk, oats, maple syrup, chia seeds, cinnamon, salt), spiced plum compote (Winterfell Acres plums, water, sugar, mace, cinnamon, 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

sheet pan caponata with Atlantic cod & roasted potatoes

PREP & COOK TIME

60 MINUTES

IN YOUR BAG

Wild-Caught Atlantic Cod

Vegetable Bag

Caponata Sauce

Cherry Tomatoes

PAIR WITH the rich and flinty Iconic Sidekick Chardonnay or the drinkable Up North Wisconsin Lager from One Barrel

- 1 Keep fish frozen until you're ready to cook it. 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 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 350°F. Transfer the contents of the eggplant tray to a medium bowl and add the caponata sauce, tossing to 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 oil 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, red wine vinegar, caper, olive oil, garlic, parsley, sugar **Vegetable Bag:** Eggplant, pepper, red onion, potato **Atlantic Cod, Cherry Tomatoes**

Contains: Olive, fish

② READY-TO-EAT

pasta alla norma

Prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. With your hands, gently loosen the pasta. Once the water is at a rolling boil, carefully place it into the water. Stir immediately to prevent the pasta from sticking together. Reduce the heat to a gentle boil to and cook for 4 to 5 minutes or until preferred al dente texture and drain, reserving a bit of pasta cooking water for later.

Meanwhile, reheat the tomato and eggplant sauce in a large sauté pan over medium heat, stirring occasionally until hot, about 4 to 6 minutes. Add the rigatoni to the tomato and eggplant sauce. Toss to coat everything evenly and cook for a minute or two to combine it all and get everything nice and hot. Add a little pasta water to the sauce, if needed.

Divide onto plates and top with the herbed SarVecchio cheese. Buon appetito!

**RP's Rigatoni:** Semolina (milled wheat, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, whole egg, salt, glucono delta-lactone **Tomato-Eggplant Sauce:** Tomato, eggplant, onion, carrot, celery, garlic, tomato paste, sherry vinegar, salt, red chile flake, pepper, olive oil **Sarvecchio:** Sarvecchio (milk, salt, enzymes, cultures), parsley, thyme, chive, rosemary **Contains:** Milk, wheat, egg

③ FARM-TO-FREEZER

white chicken chili with tortilla strips

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