

PASTURE AND PLENTY

JANUARY 26, 2026 | OMNIVORE

HOORAY, IT'S MONDAY!

And we have a great line-up of cozy meals for you this week, y'all! Look for: a hearty salad of couscous, kale and roasted chicken thighs with a punchy, golden-hued carrot and ginger dressing, tossed with some seasonal roasted vegetables (turnips, rutabagas and radishes); a creamy, chunky baked potato-inspired soup topped with crispy Madison Sourdough croutons and scallion sour cream; and then our fan-favorite smothered burritos!



kale, couscous and roasted chicken salad with carrot ginger dressing



baked potato soup with Madison Sourdough croutons and scallion sour cream



smothered carnitas burritos with salsa verde



PRODUCER SPOTLIGHT

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

- Winterfell Acres
- Driftless Organics
- Jenny's Tofu
- Madison Sourdough Co.
- Sassy Cow Creamery
- Hook's Cheese
- Tipi Organics

EXTRA GOODNESS

brown butter chocolate chip cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.

Contains: Milk, wheat, egg

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

kale, couscous and roasted chicken salad with carrot ginger dressing

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

Carrot Ginger Dressing

Chicken Thighs

Vegetable Bag

Kale & Herbs

Israeli Couscous

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

- 1 Preheat oven to 425°F.
- 2 Prep your vegetables. First, trim ends of turnips, daikon radishes and rutabaga; peel and cut into roughly 1/2"-cubes. Toss all of the veg in a large bowl with a splash of olive oil until well coated and season with salt and pepper.
- 3 Place the root vegetables on a rimmed sheet pan in a single layer. Roast in the preheated oven for 15 minutes
- 4 After 15 minutes, remove the sheet pan from the oven, stir the root vegetables. Then, season your chicken with salt and pepper and nestle the chicken pieces between the vegetables on the sheet pan and place the 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; 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).
- 5 While the veg is roasting, prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. Once the water is at a rolling boil, add Israeli couscous to the water. Stir immediately to prevent the couscous from sticking together. Reduce the heat to a gentle boil and cook for 10 to 15 minutes or until preferred al dente texture and drain; place in bowl and toss with a little olive oil.
- 6 Tear the kale vigorously into small pieces and scatter on top of the couscous. Drizzle the kale with a little olive oil, season the leaves with salt and pepper and then toss the kale, herbs and couscous together. Add the roasted vegetables and half of the dressing and toss until well combined. Taste and season with salt and pepper.
- 7 To serve, plate the couscous and vegetables, top with the roasted chicken thighs, and then dollop the remaining dressing on top (to taste). Enjoy!

Carrot Ginger Dressing: Carrot, canola oil, olive oil, rice wine vinegar, white miso, ginger, sugar, salt, garlic **Vegetable Bag:** Turnip, rutabaga, daikon radish **Kale & Herbs:** Kale, parsley, cilantro **Israeli Couscous:** Wheat flour **Chicken Thighs**

Contains: Soy, wheat, poultry

② READY-TO-EAT

baked potato soup with Madison Sourdough croutons and scallion sour cream

Reheat soup in a saucepan over medium heat until hot, adding up to 1/2 cup milk or water (as needed) and stirring occasionally, for about 6 to 8 minutes.

Warm croutons in the toaster oven or regular oven for a few minutes at 350°F until warmed and crisp.

Portion soup into bowls, garnish with crispy croutons and the scallion sour cream and enjoy!

Baked Potato Soup: Vegetable stock, potato, milk, sour cream, onion, garlic, cheddar (milk, salt, culture, enzyme, annatto), mozzarella (milk, salt, culture, enzyme), provolone (milk, salt, culture, enzyme), scallion, red wine vinegar, salt, red chile flake, pepper **MSCo Croutons:** Flour, water, salt, olive oil, salt, pepper **Scallion Sour Cream:** Sour cream, heavy cream, scallion, salt, red wine vinegar, pepper

Contains: Milk, wheat (optional)

③ FARM-TO-FREEZER

smothered carnitas burritos with salsa verde

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