

PASTURE AND PLENTY

FEBRUARY 2, 2026 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors, y'all! Look for: RP's spinach and ricotta ravioli (in a whole wheat and black pepper dough) with roasted turnips, radishes and cipollini onions in a house-made vodka sauce with herbed sarvecchio to top it; warming mulligatawny soup with naan and yogurt sauce; and last (but never least) everyone's perennial fave, South African Peanut Curry!



RP's spinach ricotta ravioli
with vodka sauce and roasted
vegetables



**mulligatawny chicken and
lentil soup** with naan and yogurt
sauce



**South African beef and
peanut curry** with brown rice



PRODUCER SPOTLIGHT

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

RP's Pasta

Happy Valley Farm

Lovefood Farm

Whippoorwill Farm

Bluemoon Community Farms

Lovefood Farms

Sartori Cheese

Barnard Farms

EXTRA GOODNESS

blueberry muffins

Instructions: Keep refrigerated for up to 5 days. Warm briefly or bring to room temperature before enjoying!

Ingredients: AP flour, applesauce, blueberries, brown sugar, oil, milk, whole wheat flour, cake flour, egg, sugar, baking soda, salt, nutmeg, baking soda.

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

RP's spinach ricotta ravioli with vodka sauce and roasted vegetables

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

RP's Spinach Ricotta Ravioli

Vodka Sauce

Vegetable Bag

Herbed Sarvecchio

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

- 1 Preheat the oven to 400°F. While the oven is preheating, prep your vegetables: peel and trim the turnips and carrots, then cut into bite-sized pieces; peel and trim the cipollini onions and cut them in half.
- 2 Place the turnips, carrots and onions on a rimmed baking (large enough to hold the vegetables in one layer) and toss with a few glugs of olive oil, then season with salt and pepper. Put the baking sheet in the preheated oven and roast for 10 minutes, then stir. Return the pan to the oven and roast for 10 to 15 minutes more, until the veg are tender and caramelized.
- 3 While the vegetables roast, bring a large pot of salted water — salty like the sea — to a boil over high heat. With your hands, gently loosen the ravioli. Once the water is at a rolling boil, carefully place the loosened ravioli into the water. Stir immediately to prevent the pasta from sticking together. Once the water has returned to a boil, reduce the heat to a gentle boil to prevent the ravioli from bursting, boil for 4 to 5 minutes or until preferred al dente texture and drain (reserving about a cup of the pasta water).
- 4 Stir the ravioli, roasted vegetables and vodka sauce together in sauté pan over medium heat; cook until hot, about 2 minutes. If the sauce is too thick, add a bit of the pasta cooking water to loosen the sauce and help coat the noodles. .
- 5 Divide sauced ravioli and vegetables onto individual serving plates, then garnish everything with the herbed sarvecchio. Enjoy!

RP's Ravioli: Whole wheat durum flour, semolina (durum wheat, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), filtered water, ricotta, mozzarella (pasturized milk, cheese culture, salt, enzyme), spinach, whole egg, black pepper, oregano, basil, thyme, garlic, salt **Vegetable Bag:** Cipollini onion, turnip, rainbow carrot **Herbed Sarvecchio:** Sarvecchio (milk, culture, salt, enzyme), parsley, chive, rosemary, thyme **Vodka Sauce:** Tomato, onion, tomato paste, heavy cream, vodka, garlic, olive oil, red chile flake, salt, red wine vinegar, pepper

Contains: Wheat, milk, egg, alcohol

② READY-TO-EAT

mulligatawny chicken and lentil soup with naan and yogurt sauce

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

Warm naan in the toaster or toaster oven for a few minutes until warmed, soft and pliable.

Portion soup into bowls, garnish with yogurt sauce and enjoy the naan alongside!

Mulligatawny Chicken & Lentil Soup:

Chicken stock, vegetable stock, red lentil, chicken thigh, coconut milk, sweet potato, onion, apple, celery, carrot, garlic, ginger, tomato paste, lime, cilantro, curry powder, turmeric, mustard powder, cumin, cayenne, salt, pepper, olive oil **Naan:** Wheat flour, water, milk powder, canola oil, garlic, red chili, cumin seed, coriander, sesame seed, salt, green chili, baking soda **Yogurt Sauce:** Greek yogurt, lime juice, heavy cream, cumin, salt

Contains: Milk, wheat, sesame, poultry

③ FARM-TO-FREEZER

South African beef and peanut curry with 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 9am-7pm
SAT 9am-2pm