

# PASTURE AND PLENTY

MARCH 17, 2026 | OMNIVORE

## HOORAY, IT'S TUESDAY!

Happy St. Patrick's Day and belated snowy meal kit day, y'all! Get excited for a delicious week ahead: pan-seared pork chops with rice noodles tossed with thinly sliced roasted veg (think: carrots, bell peppers and turnips) and a sweet, sour, and salty nuoc cham sauce; Tart's buttery french onion soup-inspired galettes with a side salad and a bright and tangy citrus vinaigrette; and ground beef tamale pies chock-full of corn and bell peppers!



**pan-seared pork chops  
with rice noodles, roasted vegetables  
and nuoc cham**



**Tart's french onion galettes  
with mixed greens and citrus  
vinaigrette**



**beef tamale pie  
with cornbread topping**



### PRODUCER SPOTLIGHT

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

Driftless Organics

Winterfell Acres

Revol Greens

Vitruvian Farms

Bandung

Tart

Reimer Family Farm

Hook's Cheese

Meadowlark Organics

### EXTRA GOODNESS

## baked banana oatmeal

Instructions: Thaw in refrigerator overnight. Cover with foil and bake at 325°F for 15 to 20 minutes or until warmed through. Alternatively, reheat in microwave for 30 seconds to 1 minutes. Top with maple syrup or brown sugar!

Ingredients: Oats, milk, banana, brown sugar, egg, baking powder, cinnamon, salt, nutmeg.

Contains: Milk, 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

**pan-seared pork chops with rice noodles, roasted vegetables and nuoc cham**

PREP & COOK TIME

30  
MINUTES

IN YOUR BAG

Pork Chop

Rice Noodles

Omni Nuoc Cham

Vegetable Bag

PAIR WITH

the spicy FUSO Cala Bianco Terre Siciliane

or

the crisp and zesty Strong Ale from Giant Jones

- 1 Preheat oven to 425°F.
- 2 Prep your vegetables! Peel and trim the carrots and turnips; wash, de-stem and de-seed the bell pepper. Thinly slice all veg; toss with olive oil (just enough to lightly coat), season with salt and pepper. Arrange in a single layer on a sheet pan. Set aside.
- 3 Pat pork chops dry and season generously with salt and pepper. Heat an oven-safe skillet over medium heat until hot. Add a tablespoon or so of oil and, once oil is rippling, sear pork chops in preheated skillet, turning occasionally, until well-browned, about 2 minutes per side. Once browned, pop the pan with the pork chops into the preheated oven and finish cooking in the oven, about 5 more minutes. The chop should read 145°F with an instant-read thermometer inserted near the center.\* Remove the pork chop and let rest, covered loosely with foil, while you prep the rest of the meal.
- 4 Lower oven temperature to 400°F. Place sheet pan with veggies in the oven for 5 minutes; stir, then roast for 5 minutes more.
- 5 Meanwhile, put rice noodles in a bowl and cover with boiling water for 4 minutes. After 4 minutes, drain and then rinse with cold water. Shake noodles dry and toss noodles with nuoc cham and roasted veg.
- 6 To serve, slice pork chop thinly. Divide rice noodles and roasted veggies evenly in a wide, shallow bowl. Top with sliced pork chop. Drizzle any nuoc cham remaining in the mixing bowl over pork chop and

**Rice Noodles:** Rice flour, water **Omni Nuoc Cham:** Water, lime juice, sugar, fish sauce, garlic, bird's eye chili **Vegetable Bag:** Rainbow carrot, turnip, red bell pepper **Pork Chop**

*Contains: Fish, pork*

② READY-TO-EAT

**Tart's french onion gallettes with mixed greens and citrus vinaigrette**

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Enjoy!

**Tart's French Onion Galette:** Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin [vitamin B3], reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), hard white whole wheat flour, sugar, kosher salt, butter (pasteurized cream, natural flavorings), olive oil, onion, white wine, fresh thyme, pepper, mustard (water, mustard seeds, vinegar, salt, citric acid, sulphite), balsamic vinegar (wine vinegar, concentrated grape must, cooked grape must), gruyere cheese (pasteurized cow's milk, cheese cultures, salt, rennet), swiss cheese **Citrus Vinaigrette:** Canola oil, orange, lime, lemon, honey, white wine vinegar, whole grain mustard, garlic, salt **Mixed Greens**

*Contains: Wheat, milk, alcohol*

③ FARM-TO-FREEZER

**beef tamale pie with cornbread topping**

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