

PASTURE AND PLENTY

MARCH 23, 2026 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for: a simplified sheet pan twist on traditional Korean bibimbap for an easy, flavor-packed meal that's finished with a gochujang sauce and some local Fizzleology kimchi; a tart-sweet and deeply savory sloppy joe on Madison Sourdough ciabatta with house-made pickles and a crunchy, fresh and bright carrot salad; and a traditional French braise of slow-cooked chicken with red wine and earthy mushrooms over our sarvecchio mashed potatoes!



sheet pan bibimbap with fried eggs, roasted veg and fizzleology kimchi



classic beef sloppy joe sandwich on MSCo ciabatta with house-made pickles and carrot salad



coq au vin with sarvecchio mashed potatoes



PRODUCER SPOTLIGHT

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

- Fizzleology
- Winterfell Acres
- Tipi Organics
- MSCO
- Driftless Organics
- Sartori Cheese
- Saffi Saana
- Vitruvian Farms

EXTRA GOODNESS

triple chocolate cookie dough

Instructions: Store cookie dough in freezer. Preheat oven to 350°F while dough comes to room temperature. Place cookies on a parchment-lined cookie sheet. Flatten cookie dough slightly, sprinkle with flaky sea salt (9f desired) and bake for 13-16 minutes, rotating halfway through for an even bake.

Ingredients: Chocolate chips, white chocolate chips, ap flour, sugar, brown sugar, butter, eggs, cocoa powder, baking soda, baking powder, salt, vanilla extract..

Contains: Milk, egg, wheat.

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 bibimbap with eggs, roasted veg and kimchi

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

Scallion Rice

Vegetable Bag

Gochujang-Sesame Sauce

Egg Jar

Fizzeology Kimchi

PAIR WITH the zesty and fruity Sea Cove Sauvignon Blanc or the easy-drinking Sweet Sunglasses Blonde Ale from Hop Haus

- 1 Position racks in the top and bottom thirds of the oven and heat oven to 425°F. Get two sheet pans out and ready to go.
- 2 Peel and trim your sweet potato, red onion and turnip; slice into small 1/2" cubes. Place on one of your two sheet pans and drizzle the vegetables with a splash of olive oil, season with salt and pepper, and toss to coat. Try to not crowd the vegetables; you want them to brown, not steam. Roast on the top rack for about 15 minutes. Place the second sheet pan on the bottom rack in the oven to heat up at the same time.
- 3 While the sweet potatoes, onion and turnip are roasting, wash and dry your kale; strip kale leaves from the stems and roughly chop the leaves, discarding the stems. After 10 minutes, remove the veg from the oven and stir; add the kale and toss together. Continue roasting until the sweet potato and turnip are fork-tender, the onion is slightly caramelized and the kale is crispy and lightly browned on the edges, about, 10 more minutes.
- 4 When you put the vegetables back in the oven, remove the second heated pan from the oven and evenly drizzle some olive oil all over it. Spread the rice over half of the pan and flatten it down into an even thin layer. Place back into the oven and cook for 5 minutes.
- 5 After 5 minutes, crack the eggs onto the empty half of the second sheet pan and carefully transfer to the oven. Bake until the egg whites are just set and the yolks are still runny, 3 to 6 more minutes (this time may vary depending on your oven, so watch it carefully). This should time exactly to be when the roasted veg are done, too.
- 6 To serve, divide the crisped rice evenly among bowls. Now divide the vegetables evenly over the rice. Use a spatula to slide the eggs over the vegetables. Drizzle each bowl with gochujang-sesame sauce, adding it to taste (it's a bit spicy!). Serve kimchi alongside and dig in!

Scallion Rice: Rice, scallion, salt **Vegetable Bag:** Sweet potato, kale, red onion, turnip **Gochujang-Sesame Sauce:** Water, gochujang paste, sesame oil, brown sugar, garlic, soy sauce, rice vinegar, white sesame seed **Fizzeology Kimchi:** Cabbage, carrots, daikon, onion, black radish, redmond's real salt, burdock, garlic, ginger, filtered water, paprika, red chili **Eggs**

Contains: Soy, sesame, egg, wheat

② READY-TO-EAT

classic beef sloppy joe sandwich on MSCo ciabatta with pickles and carrot salad

Reheat sloppy joe in a saucepan over medium heat until hot, about 6 to 8 minutes, adding water and stirring as necessary.

Meanwhile, slice and toast ciabatta buns. Give carrot salad a toss to redistribute the dressing.

Divide filling onto buns, top with pickles, and serve salad alongside. Dig in!

Beef Sloppy Joe: Beef, ketchup, water, onion, poblano pepper, cider vinegar, brown sugar, worcestershire sauce, molasses, black pepper, dijon mustard, olive oil, pepper, la mesa chile powder, sweet paprika, smoked paprika, salt, garlic powder, onion powder, allspice **MSCo Ciabatta:** Flour, water, olive oil, salt, yeast **P&P Pickles:** Cucumber, apple cider vinegar, water, sugar, salt **Carrot Salad:** Carrot, olive oil, lemon, parsley, mint, chive, dill, cumin, coriander, garlic, salt, pepper

Contains: Beef, wheat, fish

③ FARM-TO-FREEZER

coq au vin with sarvecchio mashed potatoes

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