

PASTURE AND PLENTY

APRIL 27, 2026 | OMNIVORE

HOORAY, IT'S MONDAY!

And we have a great line up of meals for the week ahead! Get ready to enjoy: crispy panko-topped buffalo tofu with a warm quinoa salad packed with kale, roasted cauliflower and broccoli; a humble Neapolitan soup of escarole and beans, topped with sourdough croutons and sarvecchio cheese; and a twist on traditional Eastern European cabbage rolls – with beef, rice, cabbage, paprika and more – that we turned into a hearty weeknight rice bake!



buffalo salmon with warm quinoa & vegetable salad and blue cheese crumbles



escarole and white bean soup with Madison Sourdough croutons and sarvecchio cheese



cabbage roll rice bake with ground beef



PRODUCER SPOTLIGHT

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

- Emmi Roth Cheese
- Jenny's Tofu
- Winterfell Acres
- Madison Sourdough Co.
- Sartori Cheese
- Reimer Family Farm
- Happy Valley Farm
- Fifth Season Cooperative

EXTRA GOODNESS

carrot ginger muffins

Instructions: Store at room temperature and enjoy within 3 days. Best enjoyed briefly warmed up in a microwave or toaster oven and slathered with butter..

Ingredients: Carrots, ap flour, sugar, milk, orange, egg, butter, ground ginger, baking powder, baking soda, salt, vanilla.

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

buffalo salmon with warm quinoa & vegetable salad and blue cheese crumbles

PREP & COOK TIME

50 MINUTES

IN YOUR BAG

Wild-Caught Sockeye Salmon (KEEP FROZEN)

Buffalo Sauce

Panko Breadcrumbs

Quinoa & Vegetable Salad

Crumbled Blue Cheese

PAIR WITH

the citrusy and spicy FUSO Cala Bianco Terre Siciliane or the hoppy Pulp Culture IPA from Working Draft Brewing Co.

- 1 To safely quick-thaw your frozen 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 Preheat oven to 425°F. Line a sheet pan with parchment paper.
- 3 Remove salmon from packaging; rub the flesh side of your salmon with olive oil and then season with salt and pepper. Place on the parchment-lined sheet pan. Reserve at least half of your buffalo sauce for later and then brush the flesh side of the salmon with the remainder (or to taste). Toss panko with a bit of olive oil and sprinkle it evenly over the top of the fish, pressing lightly to adhere to the sauce, then place the sheet pan in the oven.
- 4 Roast the salmon for about 10 to 15 minutes. Bake until panko is golden and the fish is cooked to taste. The salmon tail or belly should begin to crack slightly — flesh should flake gently away and be slightly translucent at the skin of the thickest point (the USDA recommends cooking salmon to 145°F or well-done). Generally, you'll need about 10 minutes of cooking per inch of thickness (or height) of your salmon fillet. Once cooked, salmon can easily be removed from the skin, if desired.
- 5 Meanwhile, gently reheat the quinoa salad in a saucepan over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking.
- 6 Plate warm quinoa salad and top with buffalo salmon. Drizzle everything with the reserved buffalo sauce, sprinkle with the crumbled blue cheese and dig in!

Buffalo Sauces: Frank's Red Hot (aged cayenne red peppers, distilled vinegar, water, salt and garlic powder), butter, garlic, onion, salt **Panko Breadcrumbs:** Flour, canola oil, yeast **Quinoa & Vegetable Salad:** Red quinoa, white quinoa, broccoli, cauliflower, kale, olive oil, red wine vinegar, salt, pepper **Crumbled Blue Cheese:** Pasteurized cultured cow's milk, salt, enzymes, penicillium roqueforti **Wild-Caught Sockeye Salmon (KEEP FROZEN)**

Contains: Fish, milk, wheat

② READY-TO-EAT

escarole and white bean soup with Madison Sourdough croutons and sarvecchio cheese

Reheat soup in a saucepan over medium heat until hot, adding up to 1/4 cup water per serving (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 sarvecchio cheese and enjoy!

Escarole Soup: Vegetable stock, escarole, white beans, onion, garlic, red wine vinegar, parsley, olive oil, salt, pepper, rosemary, thyme **MSCo Croutons:** MSCo seed & grain boule (flour, water, salt, steel cut oats, sunflower seeds, sesame seeds, flax seeds), olive oil, salt, pepper **Sarvecchio:** Pasteurized milk, cheese cultures, salt, enzymes

Contains: Milk, wheat, sesame

③ FARM-TO-FREEZER

cabbage roll rice bake with ground beef

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** 9am-7pm
SAT 9am-2pm