

PASTURE AND PLENTY

JUNE 8, 2026 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited to feast on Spring greens pesto with roasted farm-fresh veg and Alimentari's fresh pasta, our fave lemony lentil soup, and veg-packed mapo tofu this week! And, as an extra special treat, double chocolate cupcakes for all. Yes, you heard us. CUPCAKES. We're celebrating our 9th Birthday this month and wanted to send a little birthday love to our favorite people. Thank you for helping us reach this milestone, friends!



Spring greens pesto pasta with roasted chicken and vegetables



lemony lentil soup with grilled scallion yogurt and pita



mapo tofu with ground beef over sesame scallion brown rice



PRODUCER SPOTLIGHT

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

- Alimentari
- Elderberry Hill Farm
- Sartori Cheese
- Reimer Family Farm
- Jenny's Tofu
- Vitruvian Farms
- Winterfell Acres
- Saffi Saana

EXTRA GOODNESS

double chocolate birthday cupcakes

Instructions: Keep cupcakes and ganache refrigerated. To assemble: bring both to room temperature; then, use a butter knife or offset spatula to frost the cupcakes. Enjoy within 5 days!

Ingredients: Chocolate Cake (sugar, ap flour, milk, coffee, cocoa powder, oil, eggs, baking soda, vanilla, baking powder, salt), chocolate ganache (heavy cream, chocolate).

Contains: Wheat, 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

Spring greens pesto pasta with roasted chicken and vegetables

PREP & COOK TIME

45
MINUTES

IN YOUR BAG

- Alimentari Pasta (keep frozen)
- Spring Greens Pesto
- Chicken Breast
- Vegetable Bag
- Sarvecchio Cheese

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

- 1 Preheat oven to 400°F and get your prep on! Wash and dry vegetables. Trim tops and bottoms of radishes and turnips, then cut into bite-sized pieces; break off the stem ends of the asparagus, and cut into bite-sized pieces. In a bowl, add the turnips and radishes, toss with a splash of olive oil and season with salt and pepper. Set the asparagus aside.
- 2 Remove chicken from packaging and let breathe for a few minutes. Place chicken on one half of a sheet tray, coat with olive oil and season generously with salt and pepper. Place turnips and radishes on the other half of sheet tray.
- 3 Roast chicken and vegetables for 15 minutes, then flip chicken and stir the veg, adding the asparagus at this point. Return to oven and cook for about 5 to 10 more minutes. The chicken should have an internal temperature of 165°F and be golden brown all over. The veg should have caramelized edges and be slightly softened. Take tray out of oven and set aside.
- 4 While chicken and veg are cooking, prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. With your hands, gently loosen the frozen pasta. Once the water is at a roiling boil, carefully place the pasta into the water. Stir immediately to prevent the pasta from sticking together. Reduce the heat to a gentle boil to and cook for 4 to 5 minutes or until preferred al dente texture and drain, reserving a bit of pasta cooking water for later.
- 5 Next, heat pesto in a sauté pan, adding a little pasta water to thin it out. After a few seconds, add the pasta and the roasted veg. Toss to coat everything evenly and cook for a minute or two to combine it all and get everything nice and hot. While it's heating, slice chicken into strips.
- 5 Divide pasta onto plates and top with the sliced chicken and sarvecchio cheese. Buon appetito!

Alimentari Pasta: Flour (semolina), water, salt **Spring Greens Pesto:** Canola oil, avocado oil, pepitas, parmesan (milk, salt, culture, enzyme), spinach, arugula, basil, red wine vinegar, salt, red chile flake **Vegetable Bag:** Turnip, radish, asparagus **Sarvecchio Cheese:** Milk, culture, salt, enzyme **Chicken Breast**

Contains: Poultry, milk, wheat

Keep the contents of your meal kit bag refrigerated unless otherwise specified.

② READY-TO-EAT

lemony lentil soup with grilled scallion yogurt and pita

Reheat soup in a saucepan over medium heat until hot, adding up to 1/4 cup water per serving (if needed) and stirring occasionally, for about 6 to 8 minutes.

Briefly warm your pita in the microwave or toaster oven.

Portion soup into bowls, garnish with grilled scallion yogurt and dig in, serving the warm pita alongside to dunk into the soup!

Lentil Soup: Red lentil, vegetable stock, kale, onion, celery, carrot, garlic, curry powder, turmeric, lemon, red wine vinegar, smoked paprika, salt, pepper, olive oil **Grilled Scallion Yogurt Sauce:** Yogurt (milk, enzymes), milk, scallion, lemon, olive oil, garlic, salt, pepper **Pita:** Enriched wheat flour, water, 3% or less of soybean oil, yeast, salt, sugar, dough conditioner, baking powder, nonfat dry milk, calcium propionate, potassium sorbate, yeast nutrients, whole wheat flour

Contains: Milk, wheat

③ FARM-TO-FREEZER

mapo tofu with ground beef over sesame scallion 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
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M 3:30pm-7:30pm T-F 9am-7pm
SAT 9am-2pm