

PASTURE AND PLENTY

JULY 6, 2026 | OMNIVORE

HOORAY, IT'S MONDAY!

We have a super summery menu for you this week, y'all! Get excited for: grilled jerk chicken with Caribbean black beans, lime cilantro slaw and mango pineapple salsa; a summery, dense bean salad chockfull of creamy herbed white beans, fresh mixed greens, and crunchy onion, fennel and celery; and everyone's favorite Thai-inspired veg-packed (think: zucchini, summer squash, oyster mushrooms, cherry tomatoes and bok choy) coconut green curry!



**jerk chicken breast with
Caribbean black beans, lime cilantro
slaw and mango pineapple salsa**



**white bean salad with greens,
fennel and celery**



**green coconut shrimp 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:

Crossroads Community Farm

Flyte Family Farm

Cattail Organics

Ortega's Garden

Vitruvian Farms

Keewaydin Farms

Saffi Saana

EXTRA GOODNESS

zucchini bread

Instructions: Keep refrigerated and enjoy within 5 days. Bring to room temp to eat or warm briefly in the microwave! Slather some butter on it for maximum enjoyment.

Ingredients: Zucchini bread (zucchini, ap flour, sugar, egg, oil, brown sugar, whole wheat flour, applesauce, vanilla, baking soda, salt, cinnamon), crumble (brown sugar, ap flour, butter, cinnamon, salt).

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

jerk chicken breast with Caribbean black beans, lime cilantro slaw and mango pineapple salsa

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Caribbean
Black Beans

Cilantro Lime
Slaw

Pineapple
Mango Salsa

Jerk Marinade

Chicken Breast

GRILL INSTRUCTIONS

- 1 Put chicken in a baking dish, add jerk marinade and coat chicken well, using a spoon. Cover and marinate, refrigerated, for at least 6 hours, but preferably overnight. To moderate the spice levels, either use less of the marinade and/or marinate for less time.
- 2 Preheat grill for medium-high heat. Place chicken on the grill, skin-side down to start. Cover and continue to cook until the coolest part of the chicken breast registers 145°F (63°C) on an instant-read thermometer, about 10 minutes.
- 3 Increase grill heat to high. Flip the chicken to skin side up. Cook the chicken until lightly charred, about 5 minutes. Flip chicken and continue to cook until skin is crisp and charred and coolest part of breast registers 165°F on an instant-read thermometer, 4 to 6 minutes longer.
- 4 While the chicken is grilling, reheat the beans in a saucepan over medium-low heat, adding a little water and stirring occasionally, until hot, about 8 minutes. Also give the slaw a quick toss to redistribute the dressing.
- 5 Plate the chicken with the black beans and slaw, serving the mango pineapple salsa alongside. Enjoy!

OVEN INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat your oven to 400°F (convection, if possible). Place chicken on a rimmed baking sheet, skin side up, and cook until the skin develops an even deep, dark mahogany char and gets slightly crisped and rendered. It should take between 30-40 minutes and the middle of the chicken breast should read 165°F on an instant-read thermometer.

Caribbean Black Beans: Black bean, water, orange juice, lime juice, salt, garlic powder, pepper, allspice, nutmeg. **Cilantro Lime Slaw:** Green cabbage, carrot, radish, lime juice, honey, cilantro, salt, pepper **Pineapple Mango Salsa:** Pineapple, mango, red bell pepper, red onion, jalapeño, cider vinegar, cilantro, sugar, salt **Jerk Marinade:** Soy sauce, lemon juice, olive oil, canola oil, orange juice, lime juice, apple cider vinegar, ginger, garlic, scallion, brown sugar, habañero, thyme, salt, allspice, nutmeg, pepper

Chicken Breast

Contains: Poultry, soy, wheat

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

② READY-TO-EAT

white bean salad with greens, fennel and celery

Trim the core end of your lettuce head, and remove any bruised or brown leaves. Separate leaves; wash and dry thoroughly. Give leaves a rough chop.

In a large bowl, combine the mixed greens with half of the vinaigrette; toss gently to combine. Plate the lettuce. Next, in the same bowl, combine the white beans and the contents of the veg jar together with the remaining half of the vinaigrette; toss gently to combine. Top the lettuce with the bean salad and dig in!

White Beans: White bean, parsley, dill, thyme, salt **Vegetable Jar:** Fennel, celery, onion **Vinaigrette:** Canola oil, white wine vinegar, olive oil, orange juice, shallot, garlic, lemon juice, lime juice, honey, dijon mustard, salt, pepper

Lettuce Head

③ FARM-TO-FREEZER

green coconut shrimp curry with brown rice



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