

PASTURE AND PLENTY

SEPTEMBER 8, 2026 | OMNIVORE

HOORAY, IT'S TUESDAY!

Hope you had a great Labor Day weekend! Get excited for a delicious, farm-fresh menu this short week, friends. Look for: grilled pork chops and loads of summer veg atop scallion rice drizzled with an herb-packed chimichurri sauce; a bright and fresh salad, chock full of crunchy cabbage, celery, herbs, onion and cucumber and pulled chicken in a creamy cashew-butter dressing; and our take on ratatouille with creamy cheddar polenta!



chimichurri grill kit
with pork chops, green beans, bell peppers, zucchini and scallion rice



cashew, chicken and cabbage salad



ratatouille
with cheesy polenta



PRODUCER SPOTLIGHT

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

Vitruvian Farms

Winterfell Acres

Jenny's Tofu

Bandung

Green Barn Farms

Olden Organics

Ortega's Garden

Driftless Organics

EXTRA GOODNESS

pumpkin toffee cookie dough

Instructions: Keep dough frozen. Preheat oven to 350°F while dough comes to room temperature. Place cookies on a parchment-lined cookie sheet. Flatten cookie dough until it is about 1/2 in. thick. Bake in preheated oven for about 12 to 15 minutes until golden, rotating halfway through for an even bake. Remove from oven and sprinkle with flaky sea salt if desired.

Ingredients: All-purpose flour, brown sugar, butter, pumpkin purée, toffee (butter, sugar, water, salt), sugar, egg, baking soda, salt.

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

chimichurri grill kit with pork chops, green beans, bell peppers, zucchini and scallion rice

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Pork Chop

Chimichurri
Sauce

Vegetable Bag

Scallion Rice

PAIR WITH

the fruity and
spicy Zillmina
Organic Span-
ish Red Wine
or
the refreshing
and crisp New
Glarus Moon
Man No Coast
Pale Ale

GRILL INSTRUCTIONS

- 1 Preheat grill for medium-high heat. While the grill is preheating, get your prep on! First, wash and dry the vegetables. Trim the ends of the zucchini, then it into bite-sized pieces (about 1/2" x 1/2" cubes). Core and deseed the peppers; cut into bite-sized pieces. Also trim the stem ends off of the green beans. Place all vegetables in a bowl, then season with salt, pepper, and a splash or two of olive oil; toss to combine.
- 2 Carefully place your veg in a grill basket. If you don't have a grill basket, shape a large piece of foil into the shape of a box, poke holes in it (to allow heat and smoke to come through) and place it on the grill; add your veg to your foil basket. Cook until they are tender and charred all over, about 15 minutes. Check early to be safe, every grill is different. Remove veggies from grill and place in your bowl.
- 3 Coat pork chop(s) with olive oil and season generously with salt and pepper. Place pork chop on the grill, and sear the first side until browned with defined grill marks, about 4 to 6 minutes. Flip and cook another 4 to 6 minutes. Keep flipping and cook pork chop until it reaches an internal temperature of 145°F* (when measured with an instant thermometer).
- 4 While everything is grilling, microwave scallion rice with a splash of water until hot.
- 5 To plate, place your scallion rice on the plate, top with the grilled veg and place the grilled pork chop alongside. Drizzle the chimichurri over everything and enjoy!

OVEN INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Toss veg onto a sheet pan and roast for 15 to 20 minutes, stirring halfway through, until veg is tender and browned on the edges. Heat a splash of olive oil in a skillet over medium-high heat. Place pork chop(s) in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 145°F.*

**Consuming raw or undercooked meat may increase your risk of foodborne illness.*

Chimichurri Sauce: Canola oil, parsley, cilantro, garlic, red wine vinegar, cider vinegar, chive, oregano, salt, jalapeño pepper, serrano pepper, red chile flake

Vegetable Bag: Green beans, zucchini, bell pepper **Scallion Rice:** Brown rice, water, scallion, salt **Pork Chop**

Contains: Pork.

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

② READY-TO-EAT

cashew, chicken & cabbage salad

In a large bowl, add the cabbage salad and half of the creamy cashew dressing. Toss well, getting in there with your hands and massaging the cabbage with the dressing a bit to help soften it.

Add the pulled chicken and toss again and let it sit for about 5 minutes to really soak up the sauce.

Taste and adjust the seasoning with more salt and pepper before topping with the remaining cashew dressing (to taste) and toasted cashews. Enjoy!

Creamy Cashew Dressing:

Cashew, water, canola oil, soy sauce, lime juice, honey, shallot, garlic, dijon mustard, cilantro, jalapeño

Cabbage Salad: Green cabbage, celery, cucumber, red onion, cilantro, parsley

Pulled Chicken: Chicken, salt, pepper, olive oil **Toasted Cashews**

Contains: Poultry, tree nut (cashew), soy, wheat

③ FARM-TO-FREEZER

ratatouille with cheesy polenta

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