

HOORAY, IT'S MONDAY!

Get excited for a week of local goodness, friends! Here's to a crispy suya-spiced salmon – a punchy peanut-based spice blend with ginger, garlic, paprika and panko breadcrumbs – with a fresh cucumber tomato salad and coconut rice; a buttery, flaky galette from Ana and Carissa of Tart that's chock full of summer veggies with mixed greens and herb vinaigrette; and our classic, comfort-food fave loaded vegetable mac and cheese!



crispy suya salmon
with cucumber tomato salad and
coconut rice



**Tart's summer vegetable,
mushroom and mozzarella
galette** with greens and herb
vinaigrette



loaded mac and cheese
with roasted vegetables and bacon
lardons



PRODUCER SPOTLIGHT

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

Bering Bounty
Jenny's Tofu
Vitruvian Farms
Winterfell Acres
Tart
Nueske's Smoked Meats
Hook's Cheese
Sassy Cow Creamery
Green Barn Farms
Roth Cheese

EXTRA GOODNESS

banana cinnamon muffin

Instructions: Store at room temperature and enjoy within 3 days!

Ingredients: Banana, ap flour, whole wheat flour, brown sugar, butter, egg, milk, oil, baking powder, baking soda, cinnamon, vanilla extract, salt, nutmeg.

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

crispy suya salmon with cucumber tomato salad and coconut rice

PREP &
COOK TIME

60
MINUTES

IN YOUR BAG

Bering Bounty
Sockeye
Salmon
(Keep Frozen)

Coconut Rice

Suya Spice Mix

Cucumber
Tomato Salad

PAIR WITH
the zesty and
fruity Sea
Cove
Sauvignon
Blanc
or
the crisp and
balanced Two
Women Lager
from New
Glarus
Brewing

- 1 To safely quick-thaw your 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. Sprinkle suya panko seasoning evenly over the top of the fish, pressing lightly to adhere to the olive oil, then place the 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 coconut rice 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 Give the cucumber tomato salad a stir to redistribute the dressing.
- 7 Plate warm coconut rice with the cucumber tomato salad alongside and top with suya salmon. Enjoy!

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

Coconut Rice: Brown rice, toasted sweetened coconut flake, coconut milk, salt **Suya Spice Mix:** Peanut, panko, smoked paprika, powdered ginger, garlic powder, onion powder, salt, cayenne **Cucumber Tomato Salad:** Tomato, cucumber, pickled red onion (red onion, white wine vinegar, red wine vinegar, salt, sugar), cilantro, basil, olive oil, salt **Bering Bounty Salmon**

Contains: Fish, peanut, wheat, coconut.

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

② READY-TO-EAT

Tart's summer vegetable, mushroom and mozzarella galette

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Dig in!

Galette: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin (vitamin B3), reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), hard white whole wheat flour, sugar, kosher salt, butter (pasturized cream, natural flavor), zucchini, summer squash, bell pepper, cherry tomato, onion, mushroom, basil, parsley, herbes de provence, mozzarella **Herb Vinaigrette:** Canola oil, olive oil, stone ground mustard, white wine vinegar, apple cider vinegar, honey, garlic, chive, dill, parsley, salt, pepper **Greens**

Contains: Wheat, milk, mushroom

③ FARM-TO-FREEZER loaded mac and cheese with roasted vegetables and bacon lardons

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