

HOORAY, IT'S MONDAY!

Get excited for some toothy, fresh Alimentari casarecce pasta tossed with blistered cherry tomatoes, kale and a silky herbed ricotta sauce. Dig into everyone's favorite Swedish meatball dish, served over mashed potatoes with kale and a cranberry compote alongside. And enjoy our take on cozy and comforting mattar paneer curry over nutty brown rice! It's a week full of cozy, Fall local goodness at its best, friends, and we can't wait!



Alimentari casarecce pasta
with herbed ricotta, blistered grape
tomatoes, kale and roasted chicken



Swedish meatballs,
mashed potatoes with kale and
cranberry compote



mattar paneer 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:

Alimentari
BelGioioso Cheese
Driftless Organics
Crossroads Community Farm
Olden Organics
Fifth Season Cooperative
Pleasant Valley Produce

EXTRA GOODNESS

maple granola

Instructions: Store at room temperature and enjoy within two weeks.

Ingredients: Oats, pecans, shredded coconut, pepitas, flaxseed, almond, apricot, maple syrup, brown sugar, coconut oil, vanilla, salt

Contains: Tree nut (almond, pecan), coconut

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

Alimentari casarecce pasta with herbed ricotta, blistered grape tomatoes, kale and roasted chicken

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Alimentari
Casarecce

Herbed
Ricotta

Kale Bag

Chicken Breast

Blistered
Grape
Tomatoes

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 kale. Remove stems and discard; roughly chop leaves. Set 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. Roast chicken for 20 to 30 minutes. The chicken should have an internal temperature of 165°F* and be golden brown all over. Take tray out of oven and set aside.
- 3 While chicken is 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 cup or two of pasta cooking water for later.
- 4 Next, heat blistered grape tomatoes in a sauté pan. After a few seconds, add the casarecce, herbed ricotta and the kale. Toss to coat everything evenly and cook for a minute or two to combine it all and get everything nice and hot, adding the reserved pasta water to thin out the ricotta and make it saucy. While it's heating, slice chicken into strips. Taste pasta, adding more salt or pepper as needed.
- 5 Divide pasta onto plates and top with the sliced chicken. Buon appetito!

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

Alimentari Casarecce: Flour (semolina), water, salt **Herbed Ricotta:** Ricotta, heavy cream, parsley, chive, rosemary, salt, chili flake, lemon zest **Blistered Cherry Tomatoes:** Grape tomatoes, sunflower oil **Kale, Chicken Breast**

Contains: Poultry, milk, wheat

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

② READY-TO-EAT

Swedish meatballs, mashed potatoes with kale and cranberry compote

Reheat the Swedish meatballs and gravy in a sauté pan over medium-low heat for 10 to 15 minutes, stirring occasionally, until hot. Meatballs should read 165°F on an instant read thermometer.

In a separate pan, heat the mashed potatoes, covered, over low until they're smooth, creamy, and heated through. Make sure you stir them occasionally and keep the heat on low so they don't stick to the pan. Feel free to add a splash of milk or butter, to help them stay creamy.

Plate the mashed potatoes, top with the Swedish meatballs and gravy. Serve the cranberry compote alongside and dig in!

Swedish Meatballs and Gravy: Meatballs (ground pork, ground beef, panko, egg, milk, onions, allspice, mace, ginger, nutmeg, white pepper, salt), gravy (vegetable stock, onion, ap flour, butter, heavy cream, sour cream, garlic, brandy, soy sauce, red wine vinegar, salt, pepper, allspice) **Mashed Potatoes with Kale:** Yukon gold potato, kale, milk, butter, garlic, scallion, salt, pepper, nutmeg **Cranberry Compote:** Cranberry, sugar, orange, lemon, salt

Contains: Wheat, milk, egg, pork, beef, alcohol, soy

③ FARM-TO-FREEZER

matarr paneer with 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