

HOORAY, IT'S MONDAY!

Fall has fully settled in, friends, and this week's Meal Kit menu is all about cozy harvest-season cooking! Start with peppery pan-seared pork chops in a miso-caramel sauce with stewed apples, then warm up with our chicken booyah and Tart's handmade cheddar and chive biscuits. Round out the week with a cheesy baked pasta in pumpkin cream sauce with kale & roasted butternut squash. Enjoy this glorious fall weather, y'all... dinner is handled!



miso caramel pork chop and apples with roasted potatoes and brussels sprouts



chicken booyah with Tart's cheddar chive biscuit



cheesy baked pumpkin pasta with kale and butternut squash



PRODUCER SPOTLIGHT

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

Bandung

Barnard Farms

Flynn Creek Farms

Driftless Organics

Tart

Winterfell Acres

Olden Organics

Crossroads Community Farm

EXTRA GOODNESS

chocolate chip pumpkin bars

Instructions: Store in refrigerator for up to 7 days. Bring to room temperature before enjoying!

Ingredients: Pumpkin purée, sugar, ap flour, sugar, semi-sweet chocolate chips, eggs, vanilla, baking soda, salt, cinnamon, nutmeg, clove, ground ginger, allspice.

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

miso caramel pork chop and apples with roasted potatoes and brussels sprouts

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Pork Chop

Miso Caramel
Sauce

Vegetable Bag

PAIR WITH

the fruity and
lively La
Patience Rosé
or
the refreshing
Commuter
Kölsch from
One Barrel
Brewing Co.

- 1 Get your prep on! Wash and dry the apples and potatoes. Core the apples, then cut them into 1/4-inch thick slices. Cut the small gem potatoes into quarters, which should be about a bite-sized piece. Trim ends and remove any rough outer leaves from brussels sprouts; slice them in half or quarters depending on size; they should be about the same size as the potatoes.
- 2 Preheat the oven to 425°F. Place potatoes and brussels sprouts onto a rimmed sheet pan and coat with olive oil; season generously with salt and pepper (or any seasoning of your choice!). Roast for 30 to 35 minutes, stirring halfway through. The potatoes and brussels sprouts should be tender in the center and browned on the edges.
- 3 Meanwhile, season the pork chops all over with salt and freshly ground black pepper. Heat a large skillet over medium heat. Add a splash of neutral oil (like, grapeseed, canola or avocado) and the pork chop(s) to the skillet. Cook, flipping every 2 minutes, until browned on the outside and the internal temperature in the thickest part is around 135°F, about 8 to 10 minutes depending on thickness of pork chops. Transfer to a plate to rest for 5 minutes. Pour off all but 1 tablespoon of any remaining fat.
- 4 Add the sliced apples to the skillet in a single layer and heat over medium heat. Cook without touching until browned underneath, about 2 to 4 minutes. If the pan is smoking at any point, reduce the heat. Pour in the miso caramel sauce and cook, scraping up browned bits and stirring, until thick enough to coat the back of the spoon, 1 to 3 minutes. Make sure to keep your eye on the sauce toward the end so it doesn't burn.
- 5 Turn off the heat, add the pork chops and their resting juices back to the skillet and turn to coat in the caramel. Serve the pork chops with a spoonful of the apples and caramel, and the roasted potatoes and brussels sprouts alongside. Enjoy!

Miso Caramel Sauce: Apple cider vinegar, brown sugar, water, miso, salt, pepper **Vegetable Bag:** Ginger gold apples, red gem potatoes, brussels sprouts **Pork Chop**

Contains: Pork, soy

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

② READY-TO-EAT

chicken booyah with Tart's cheddar chive biscuit

Preheat oven to 375°F. Place frozen biscuits on a parchment lined sheet pan. Bake for about 15 to 20 min, until top is a rich golden brown and the internal temperature of the biscuits read 200 to 205°F.

While the biscuits are baking, heat soup in a saucepan over medium heat until hot, about 8 min. Stir occasionally and, if needed, add a splash of water to thin out.

Serve piping hot soup with warm cheddar chive biscuits!

Chicken Booyah: Chicken thigh, chicken stock, green cabbage, carrot, onion, celery, red potato, carmen pepper, tomato, green bean, garlic, apple cider vinegar, salt, pepper, olive oil, bay leaf **Tart's Cheddar Chive Biscuit:** Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin (vitamin B3), reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), kosher salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch and monocalcium phosphate), baking soda, sugar, butter, cheddar cheese, fresh chives, buttermilk

Contains: Milk, wheat, poultry

③ FARM-TO-FREEZER

cheesy baked pumpkin pasta with kale and butternut squash

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