



PRESSED TOFU, ROASTED VEGETABLES AND FARRO GRAIN BOWL

PREP &
COOK TIME

—
45
MINUTES

IN YOUR BAG

TOFU

HEIRLOOM CARROTS AND TURNIPS

FARRO

SPICED PUMPKIN SEEDS

MOZZARELLA

HERB VINAIGRETTE

PAIR WITH VIOGNIER OR WHEAT ALE

PASTURE AND PLENTY

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INSTRUCTIONS

- 1 Preheat oven to 400 degrees F.
- 2 Peel carrots and turnips, trim ends and chop into large chunks. Toss with a tablespoon or two of olive oil; spread onto baking sheet. Roast vegetables in the preheated oven for about 25 minutes or to desired doneness.
- 3 Season tofu generously with salt and pepper. Heat about 1 tablespoon of oil in a skillet over medium high heat. Add tofu to skillet. Cook for about 15 minutes, stirring often to prevent sticking, until tofu cubes are evenly cooked and slightly browned.
- 4 Meanwhile, heat farro in a saucepan over medium heat with 2 tablespoons of water or olive oil until hot, about 5 minutes. Alternately, heat farro in the microwave on high, stirring in 1-minute increments until hot, about 3 minutes.
- 5 Divide farro onto individual plates. Toss vegetables with vinaigrette; divide over farro, garnish with mozzarella, and sprinkle with pumpkin seeds. Top with tofu and serve.

Herb Vinaigrette: Sunflower oil, garlic, shallots, red wine vinegar, whole grain mustard, thyme, parsley, salt, pepper. **Herbed farro:** Farro, vegetable stock, herbs. **Spiced pumpkin seeds:** Pumpkin seeds, paprika, cumin, coriander, salt, pepper, garlic oil. **Carrots, turnips. Tofu. Mozzarella cheese.** Contains: *Wheat, soy, milk.*

HOW'D IT TURN OUT?



Post your dinner pictures on Facebook or Instagram using the hashtags [#pastureandplenty](#) [#lessworkmorepicnic](#) [#dinnerdone](#) for a chance to get discounts on future orders.



VEGETABLE BOURGUIGNON

with mashed potatoes

PAIR WITH BURGUNDY OR STOUT

IN YOUR BAG

VEGETABLE BOURGUIGNON

MASHED POTATOES

ARUGULA

- 1) Heat bourguignon in a sauce pan over medium heat until heated through, about 8-10 minutes. Add a bit of water to thin if needed.
- 2) Place mashed potatoes in sauce pan, add a dash of milk, cream or water and stir. Heat over medium heat until heated through, 8-10 minutes.
- 3) Plate potatoes, top with bourguignon and sprinkle with arugula.

Vegetable bourguignon: Mushrooms, onions, celeriac, carrots, vegetable stock, garlic, flour, butter, red wine, peppercorns, bay leaf, parsley, thyme. **Mashed potatoes:** Potatoes, heavy cream, butter, salt, pepper. **Arugula.** Contains: Milk, wheat.

LUCKY SHAMROCK COOKIES

Have you met Di from To Di For? Lucky us, she baked up a big batch of Shamrocks to share with you. We have her cookie kits and more shamrocks in our bakery case this week. Need more? We can add them to your bag for next week, just drop us a line. Check out more of her work at todiforbaking.com.

Ingredients: AP flour, cane sugar, vanilla, baking powder, meringue powder, food coloring Contains: Wheat, egg.

FARMHOUSE APPLE SAUCE

This week you'll have fresh house-made applesauce to serve anytime.

Ingredients: Apples, butter, cinnamon, sugar, lemon, salt. Contains: Milk.



SWEET CORN CHOWDER

PRODUCER SPOTLIGHT

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

Arndt Farms, Bering Bounty, Riemer Family Farm, Elderberry Hill Farms, Gentle Breeze Honey, Sassy Cow Creamery, Grande Cheese Co., Sartori

Safe Handling Instructions: Please keep all meal kit ingredients* refrigerated or frozen until ready to use, unless otherwise marked. Reheat all frozen or prepared foods to a safe temperature of 165 degrees F and cook proteins to temperatures as noted in recipe instructions. Enjoy your cook kit, ready-to-eat and thawed farm-to-freezer meals within 5 days.

*Exceptions include baked goods like dinner rolls and vegetables that hold at room temperature, like whole tomatoes and squash.